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HEY, 'WE'VE ALL DONE THINGS IN A DRUNKEN STUPOR'

BRITISH FOOD CRITIC GILES COREN ON HIS CANADIAN ADVENTURES, LIKE HOTDOGS WITH FORD PAGE 26

Boy among three killed in shootings near schools

Cops were looking for three suspects each in northwest and east-end killings PAGE 3

Opportunities abound for youth in T.O. — if they can access them

Report tells two stories PAGE 4

It's fun to mock Toronto, but it's more fun to be here

Ann-Marie MacDonald says she took a risk setting latest novel in scorned city PAGE 24

NEWS WORTH SHARING.

Downtown desires strangling transit, says 10-city study

Those darn millennials. However, demographic group also credited with sparking urban renewal

A new desire to live and work downtown is overwhelming the transit systems of major cities across North America, says a new report by commercial brokerage Cushman & Wakefield.

"Toronto isn't alone," says Michael Caplice, senior managing director of Toronto office leasing for the global real-estate firm.

In a 10-city study released Monday, Cushman finds that the explosion of new offices and condos in downtown cores is taking place from Mexico City to New York, Chicago and Washington, driven largely by millennials — those born between the early 1980s and late 1990s — keen to live close to their work.

Scope

"These are challenges that are now in many ways global."

Michael Caplice, senior managing director of Toronto office leasing for Cushman & Wakefield, which penned the report

"These are challenges that are now in many ways global," added Caplice, pointing to the "sweeping transformation" of urban cores that has also taken place in China and India's biggest cities over the last decade.

"As more people, including empty-nesters, heed the siren call of downtown living, city governments, developers and businesses will continue to be pressured by the need to reduce commute times," says the report.

"Those (cities) that manage their growing pains the best will strengthen their positions as world-class cities."

Mexico City, unsurprisingly, remains the most nerve-fraying for commuters, struggling to move 22 million people a day in the face of 25 per cent economic growth in the last decade, says the report, titled Urban Development: Faster Greener Commutes Key to Sustained City Growth.

While Toronto is well down the gridlock list at No. 9 in the Americas, there is still a lot of talk and not much action when it comes to improvements, the report notes.

"`We've seen a migration of new workers, tenants and residents into the downtown core. Now we need the infrastructure to support that added population," says Caplice.

More and higher

In Toronto, downtown-dwelling millennials now make up close to half the population.

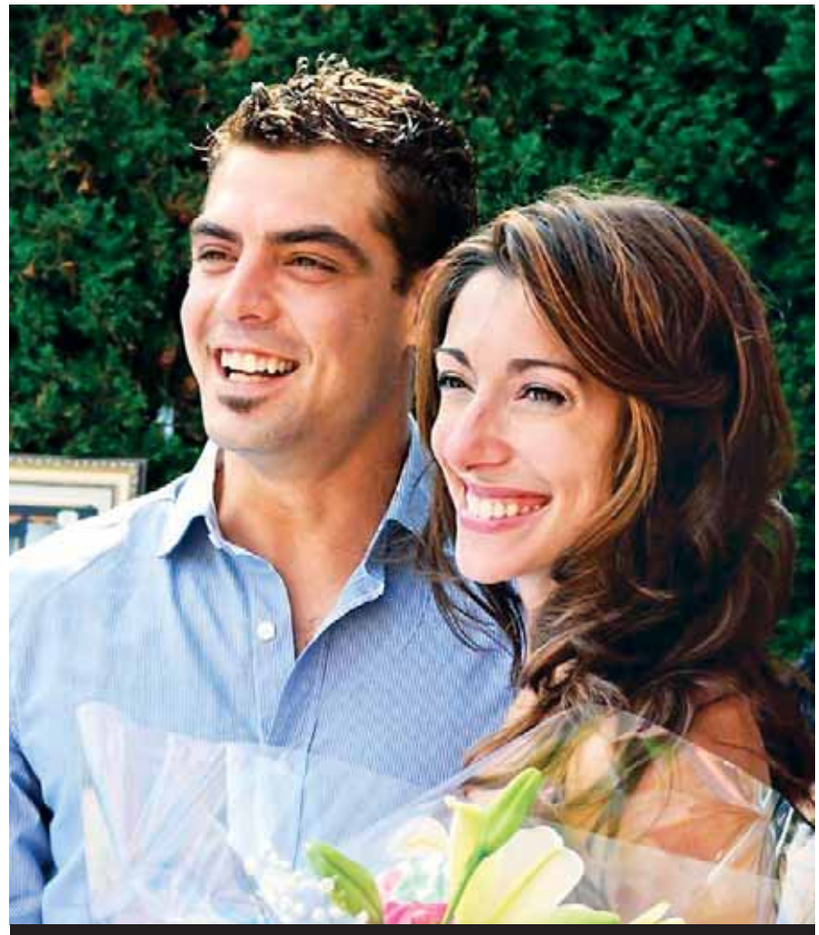
- They have also largely abandoned cars, which has fuelled the explosion of new office and condo development, with some 5.1 million square feet in new office space and more than 46,000 condos now under construction.

The rapid pace of urban renewal in North America's major cities is being driven, for the most part, by the same factor: millennials.

While developers have shown enthusiasm for building work and living spaces close to transit hubs, the critical transit improvements needed in most of the world's cities are being hobbled by red tape, too many impact studies, NIMBYism and a lack of funding, the report says.

The GTA's $50-billion, 25-year Big Move program, for instance, has a number of projects underway, but just $16 billion of the total has been funded since its creation in 2008, notes the report.

TORSTAR NEWS SERVICE



IN GOOD TIMES AND BAD

Paul Peragine and Pamela Teixeira were married Saturday and had their wedding reception at Chateau Le Jardin in Woodbridge. Around 1:45 a.m., a "sketchy" man in a hoodie and jeans made off with a gift box full of envelopes (mostly cash) worth an estimated $50,000. With the seed money for their future gone, Peragine's brother Joey said: "They're embarrassed.... They think there's so much suffering in the world already.... They feel greedy asking for money." Instead, Joey launched a campaign on gofundme.com to soften the couple's financial blow. Go to metronews.ca for the full story. TORSTAR NEWS SERVICE

‘MIRACLE MOLECULE’ SUPERCHARGES CIRCULATION, PROMISING BETTER BLOOD FLOW, BLOOD PRESSURE AND INCREASED MENTAL CLARITY & STAMINA!

Are you concerned with high blood pressure or cholesterol, a lack of stamina and energy, a dip in libido and physical performance,or the increase of “senior moments?” The answer to living without these health concerns has been discovered in what scientists are calling the most important health breakthrough of our time. The discovery starts with nitric oxide (N-O)!

OVER 40 LOSING CRUCIAL RESERVES

N-O is a natural substance produced by the body that has amazing effects on health and circulation. The American Heart Association published one of many studies showing that many people over 40 don’t produce enough N-O. In fact, your body produces less than half of what it did at 20.

NOBEL PRIZE WINNING DISCOVERY

Three researchers received the prestigious Nobel Prize for this discovery. One of the winners says, “There may be no disease process where this miracle molecule does not have a protective role”.

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Researchers reported that N-O helps with energy levels, blood pressure, cholesterol, joint discomfort, and assisted in strengthening the immune system.

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Based on the research of Dr. Nathan S. Bryan, PhD, who lectures to doctors around the world about Nitric Oxide, Neogenis® Labs has created a revolutionary lozenge, called Neo 40 daily, that makes it easy to restore N-O levels. This “fast-dissolve” lozenge restores your N-O to youthful levels by dissolving within 90 seconds and begins to work immediately, which leads to better circulation, for many in as little as 20 minutes.

BETTER CIRCULATION TO WHOLE BODY

Better circulation helps increase stamina, maximizes metabolism, helps manage stress and maintains healthy sexual function. Healthy N-O levels also promote better blood pressure and cholesterol as a result of improved circulation to all major organs.

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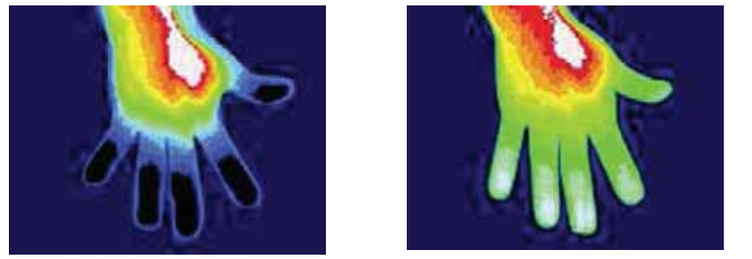
“Adequate amounts of Nitric Oxide insure sufficient amounts of blood to flow to the extremities, especially the penis, resulting in an erection. The same applies to women; without proper blood flow to the clitoris, orgasms are difficult,” says Dr. Bryan.



Dark = Low Blood Flow **Light = Increased Blood Flow**

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, “The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom.” “We noticed a difference in my husband’s erections within a week. We can’t believe how well it works,” reports pleased wife Marion S., of New York.

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WANTED: A WIN FOR TORONTO FC

Toronto FC take on the Houston Dynamo at BMO Field Wednesday in a must-win game, as the FC need every point if they hope to make the playoffs this year.

2

LEAFS PARTY IN SQUARE

The Toronto Maple Leafs kick off a new season with a music festival and viewing party at Yonge-Dundas Square Wednesday. The party begins at noon, rain or shine, and the game will be shown on giant screens.

3

GALLIANO TO MAKE COMEBACK

It's confirmed: John Galliano is making his comeback at Maison Martin Margiela. According to Women's Wear Daily, Galliano is expected to present his collection for the label in Paris next January.

4

GILLER PRIZE FINALISTS

Miriam Toews, David Bezmozgis, Frances Itani, Sean Michaels, Heather O'Neill and Padma Viswanathan are the finalists for the Scotiabank Giller Prize. The winner will be announced Nov. 1.

5

DON'T MISS THE ECLIPSE

If you missed April's lunar eclipse, now's your chance for a do-over. Tomorrow just before dawn, if the skies are clear, North Americans will have prime viewing of a full lunar eclipse.

Deadly shootings claim three lives

North Etobicoke, Regent Park. Police say they believe a double shooting in North Etobicoke was targeted

People view the scene as police investigate after a lunchtime shooting near four schools in Etobicoke on Monday.
ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

The first burst of gunfire erupted midday Monday outside a North Etobicoke apartment building, prompting a wide-scale police ground search for armed suspects in an area near four schools.

Two hours later, more bullets flew in full daylight, this time in a downtown alleyway.

By the end of one Toronto's deadliest days for homicides, three young men — including two high school students and a man in his early 20s — were dead, and eight Toronto schools were sent into either hold-and-secure or lock-down mode.

Police believe the Etobicoke double shooting — which occurred behind apartment buildings on Islington Avenue, near Don Bosco Catholic Secondary School — was targeted, and deployed heavily armored Emergency Task Force officers and police dogs to scour the area for suspects.

One of the victims was a 15-year-old student from James Cardinal McGuigan, a Catholic high school near Finch Ave. West and Keele St., according to Maria Rizzo, a Toronto Catholic District School Board trustee.

The second victim was identified by friends as a 17-year-old student at Don Bosco.

Toronto police said the investigation was in the preliminary stages, and released little information about the shooting Monday, though Supt. Ron Taverner confirmed the two young men killed were not wearing uniforms.

One "young person" was taken into custody, and is being considered a person of interest. But Taverner would not release information about the suspects.

Rizzo was critical Monday night about a lack of information being provided by police and school board officials.

"It seems bizarre that there is literally silence," she said. "(As a parent) I would want to know what's going on in my kid's school … Every parent in every school needs to know what's going on in their school community."

As police scoured the Etobicoke shooting area Monday — including a large section of Fairhaven Park — nearby schools were placed in lockdown for more than an hour, including Don Bosco, St. Maurice Catholic School, School of Experiential Education and Kingsview Village Junior School.

Deadly September

The deadly day — which saw Toronto's 43, 44 and 45th homicides of the year — comes after an especially violent September, which, with a total of 12 homicides, was the deadliest in 25 years.

Two hours after the Etobicoke shooting, police responded to a second shooting in an alleyway near Sydenham St. in Regent Park, which killed a young man in his early 20s, according to Toronto police.

The victim, who was shot several times, was taken to St. Michael's Hospital with life-threatening injuries. He was later pronounced dead. Police were still trying to confirm his identity Monday night.

Police are looking for two suspects seen running from the scene, near Queen Street East and Parliament Street. They are currently working with a limited description of the shooter, who was wearing a black hoodie and a bandana or shirt that covered his face.

Det. Bui said one person was taken into custody after the shooting, but it's unclear if this individual is connected to the incident. TORSTAR NEWS SERVICE

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Report: T.O. youth suffer from 'poverty of opportunity'

Vital Signs. Lack of an affordable place to live, sub-par transportation among factors of youth struggle, says CEO of Toronto foundation

JESSICA SMITH CROSS
jessica.smithcross@metronews.ca

The Toronto Foundation's Vital Signs report, an annual compendium of the city's vital statistics, tells two opposing stories about youth in "the six."

The report, released Tuesday, pulls together information and statistics about Toronto in 12 categories: demographics, health and wellness, safety, economic health, work, the gap between rich and poor, housing, getting around, environment, learning, arts and culture, leadership civic engagement and belonging.

President and CEO of the Toronto Foundation Rahul Bhardwaj, said the report shows that Toronto's youth, more than other citizens, suffer from a "poverty of opportunity."

In a city where, for some youth, opportunities abound, others are unable to access those opportunities because they're struggling with poverty, few job opportunities, the lack of an affordable place to live or sub-par transportation, he said. "Then, you're no longer really able to get the most out of the fourth-most livable city on the planet (according to the Economist Intelligence Unit's 2014 Global Liveability Ranking)," he said. "You're struggling."

Toronto was found to be the top city in the world for youth in 2014, according to the advocacy group YouthfulCities, which scored Toronto high in the areas of diversity, digital access, youth employment, financial access, economic status, food and nightlife, music and film, fashion and art, and public space sport and gaming.

On the other hand, seven teens aged 16 and under were killed by gun violence in 2013, according to the Vital Signs report. It was "the highest number of youth killed by guns in a single year in Toronto in more than two decades, some in broad daylight, some in front of dozens of witnesses," the report says. "Targeted anti-gang initiatives may have had an unintended consequence, as older gang members have been arrested and younger ones have stepped into their place."

The report found that crime is down by seven per cent and homicides are down over the ten-year average, but:

• "Toronto's shooting victims, all males in 2013, got younger. The average age of victims in 2013 was 22, down from 26 in 2012. It is the lowest average age since 1990 and a dramatic shift from 1998, when the average age was 34."

• "By year's end, the homicide squad had made arrests in 74 per cent of the year's murders, up from 72 per cent in 2012, but the youth cases proved challenging, with an arrest in only one. Fear may keep witnesses from stepping forward."

• "1,813 youth between 12 and 17 were charged with violent crimes in 2012, representing 11.9 per cent of total reported crimes."

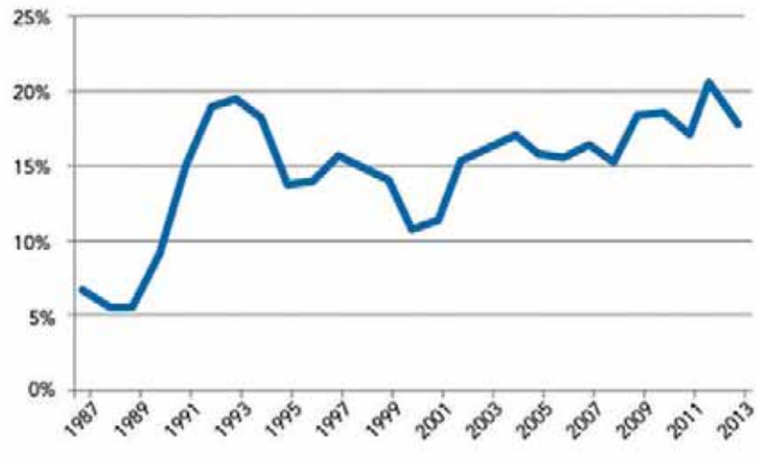
"We've got 29 per cent of kids living in poverty, and 14 neighbourhoods where that number is closer to 40 or 50 per cent," said Bhardwaj. "If the young people who were involved in these homicides grew up in neighbourhoods where all they've grown up with is poverty … and where they're always at risk of being homeless, when they lose optimism about their future, bad things can happen."

In 2013, the youth unemployment rate was 17.6 per cent, lower than it was in 2012 (20.75 per cent), slightly higher than in 2011 (17.2 per cent) and higher than the national average (14 per cent), the report found.

"Not only is youth unemployment right now pretty scary, it's been over 15 per cent for the last 10 years, so it's no longer what we're becoming, but what we are," said Bhardwaj.

Quoted

"Not only is youth unemployment right now pretty scary, it's been over 15 per cent for the last 10 years, so it's no longer what we're becoming, but what we are." Rahul Bhardwaj, President and CEO of the Toronto Foundation



Top: Youth (15-24) unemployment in Toronto and across Canada, 2006 and 2013. (Note: Percentages rounded to nearest whole number.) Bottom: Youth (15-24) unemployment in Toronto, 1987 to 2013. MOWAT CENTRE/DATA PREPARED FROM STATISTICS CANADA, LABOUR FORCE SURVEY (2013); PREPARED FROM STATISTICS CANADA, LABOUR FORCE SURVEY (2013)

Trying times for Toronto students

Rahul Bhardwaj, president and CEO of the Toronto Foundation
STEVE RUSSELL/TORSTAR NEWS SERVICE

According to the Toronto District School Board's Student and Parent Census, included in the Vital Signs report, a significant number of students worry about their future and are experiencing mental health challenges:

• 38 per cent of Grade 9-12 students report they're under a lot of stress, 34 per cent said they were nervous or anxious "all the time"

• 63 per cent said family stress contributes to their mental health challenges

According to Vital Signs, there is overlap between mental health problems and alcohol and drug use. A Centre for Addiction and Mental Health survey, also included in Vital Signs, found that among students in Grades 7 to 12, about six per cent report hazardous or harmful drinking, totalling 60,800 students. For Grade 12 TDSB students, it is one in 10.

The report found that slightly fewer — 5.9 per cent — Toronto students reported overlapping alcohol and mental health problems than the provincewide average (6.2 per cent). Toronto students are less likely to drink alcohol (41.5 per cent compared to 49.5 per cent) and binge drink (14.1 per cent compared to 19.8 per cent) but more likely to report non-medical prescription drug use (19.2 per cent versus 15.2 per cent), the report found.

Toronto Public Health found a geographical divide among students. The agency used oral health as a key indicator of overall health status, and found it was poorer in the "periphery" areas of the city: North York, Scarborough and Etobicoke.

Dental health screenings of 220,000 students from junior kindergarten to Grade 8 in 2013 that 44 per cent of schools are designated "high risk," which means about 14 per cent more of their students had suspected cavities. At Grenoble Public School in Flemingdon Park, more than a quarter of children required urgent dental care, the report found.

However, youth continue to feel that they belong in Toronto. The percentage of youth aged 12 to 19, who report a strong sense of belonging had been increasing, but decreased by eight per cent from 2012 to 2013, from 85.5 per cent to 78.7 per cent, according to Statistics Canada's Canadian Community Health Survey.

Youths' sense of belonging remains higher than adults: Only 66.8 per cent of adults reported that they feel they belong, down from 69 per cent in 2012. JESSICA SMITH CROSS/METRO

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Gay students less likely to graduate, TDSB survey shows

Call for action.
Bullying, weak support, continuing stigma contributing to higher dropout rate: Advocate

Gay students are less likely than others to finish high school because other kids bully them, some staff don't know how to support them and curriculum often does not reflect them, say those who support school equity.

It will take sweeping changes to teacher training, lesson plans, class materials and overall school climate to make gay students feel comfortable enough in school to succeed at the rate of others, said Helen Kennedy, executive director of Egale Canada, a research charity focused on human rights and gender identity.

Kennedy was commenting on the Toronto District School Board's latest student survey, which shows only 68 per cent of high school students who identify as lesbian, gay, bisexual or transgender actually graduate after four years, compared with 78 per cent of their straight classmates.

"I'm not at all surprised at the higher dropout rate, given that the number of LGBTQ students in crisis is off the charts — they still live in a culture of stigma," said Kennedy. "Kudos to the TDSB for doing these questionnaires so we have data on this; we have to change the whole culture of how things are taught and how staff cope with these issues — and we have to start in kindergarten."

The TDSB survey is believed to be the most detailed demographic student snapshot in the country. TORSTAR NEWS SERVICE

Increased bullying

The survey found that 47 per cent of LGBTQ students said they have experienced name-calling, compared with 31 per cent of straight students; 27 per cent have received threats of being hurt, compared with 13 per cent of straight students; and 19 per cent have been cyber-bullied, compared with eight per cent of straight students.

Team effort for mental wellbeing in the OHL

OHL commissioner David Branch and CMHA Ontario CEO Camille Quenneville announce their partnership Wednesday in a program called Talk Today that will help combat mental health problems throughout the OHL. The program aims to educate players, coaching staff and support staff and help them identify and deal with mental health issues. CONTRIBUTED

Airport security experts meet in GTA

The threat of laser beams blinding aircraft pilots using Pearson Airport will be front and centre at a conference with police and airport investigators in Mississauga starting Tuesday.

More than 120 security experts from around the world are attending the third annual International Airport Investigators' Training Symposium, from Oct. 7 to 9 at an airport strip hotel.

Peel Region Det. Stephen Rowland said the laser beams are a real concern for flight crews on incoming or departing flights at Pearson and other airports.

There has been two cases in the last month alone in which pilots were stunned by lasers, one on Sept. 23 at Vancouver International and another Sept. 26 in St. John's. There were at least two laser attacks on pilots using Pearson in May and June last year, police records show.

"The laser threats have not gone away and seem to be on the rise," said Rowland.

Air Canada pilot Capt. Robert Barrett will speak about the dangers of lasers on a flight crew when landing a huge jet.

Barrett is also concerned about the threats posed by store-bought Unmanned Aerial Vehicles (UAV), also called drones, that police said can be flown into the path of incoming aircraft and cause major damage.

The conference, closed to the public, will hear from about 15 experts who will pass on tips on passenger safety, cargo thefts, terrorism, human trafficking, drug smuggling and traditional organized crime.

TOM GODFREY/FOR METRO

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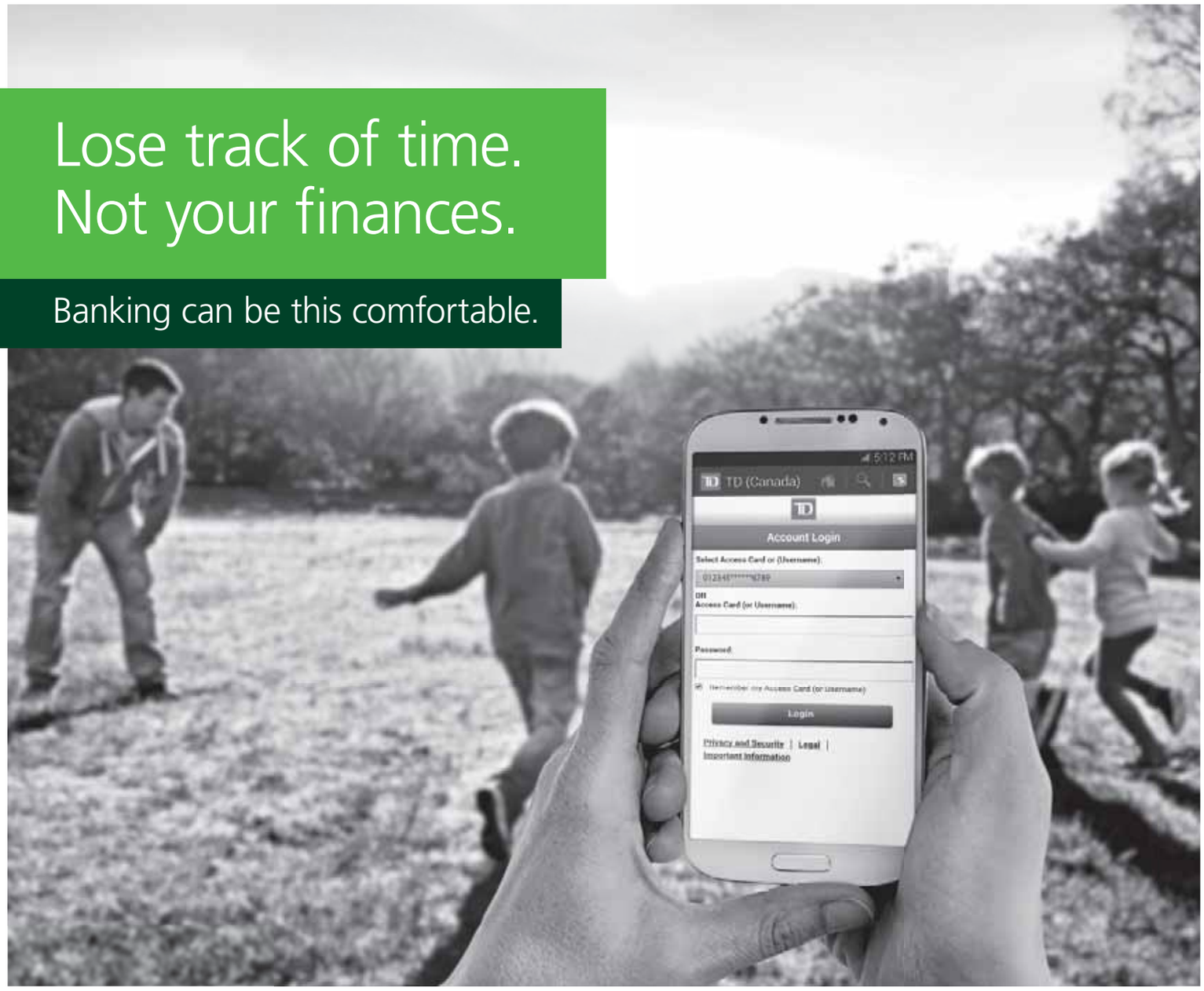

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Pastafarian minister can't wear colander

Embracing spaghetti. B.C. man's driver's licence not renewed, over his fight to sport religious headwear

THANDI FLETCHER
Metro in Vancouver

A Surrey, B.C., man is boiling mad he can't legally drive until he removes his unusual religious headgear, a spaghetti strainer, for his driver's licence photo.

Obi Canuel, 36, said he tried to renew his interim driver's licence on Friday, but was told the Insurance Corporation of B.C. would not issue him a new one until he agreed to take off the colander.

"I refused," Canuel told Metro. "I want to have the right to express myself in the religious way of my choosing."

A self-styled Pastafarian, Canuel's plight began nearly a year ago when he tried to renew his driver's licence while wearing a colander.

In July, the insurer sent Canuel a letter refusing to grant him a new licence using the photo, stating "there is no religious requirement that prohibits you from removing the colander."

Obi Canuel, an ordained minister in the Church of the Flying Spaghetti Monster, says ICBC is denying his right to wear religious headwear, a colander, in his driver's licence photo. He already has a B.C. services card with a photo of him wearing the spaghetti strainer. CONTRIBUTED

A Pastafarian's choice

"I want to have the right to express myself in the religious way of my choosing."
Obi Canuel, ordained Pastafarian minister

As an ordained minister in the Church of the Flying Spaghetti Monster — a parody religion in which members say they believe the world was created by a drunken, flying spaghetti monster — Canuel said ICBC's refusal to allow him to wear a colander for his driver's licence photo infringes on his rights under the Canadian Charter of Rights and Freedoms.

Certificates of ordination can be obtained by anyone who sends $20 US ($30 for international orders) to the website venganza.org.

"It certainly seems that ICBC is less friendly towards Pastafarians, and I wish that they would embrace the spaghetti a little more," Canuel said.

Adam Grossman, a spokesman for ICBC, said the insurance corporation only issued Canuel an interim driver's licence while they considered his request to wear the colander. "Interim (driver's licences) are never intended to be anything other than temporary," Grossman wrote in an email.

Grossman said ICBC always tries to accommodate customers with head coverings where their faith prohibits them from removing it, but that Canuel could not provide any proof his faith prohibits it.

As for Canuel's next step, he isn't sure if he plans to give up his battle against ICBC yet.

"The future is as murky as a boiling pot of pasta," he said, "but I have faith that things will turn out right for me."

Rescued puppies need homes

Twenty puppies left for dead in a field near Glaslyn, Sask. are on their way to a full recovery.

On Friday at roughly 6 p.m., the 20 mixed-breed, weeks old dogs were brought to the Battleford's Humane Society after a hunter discovered them

Dehydrated, cold and full of lice and fleas, shelter coordinator of the humane society, Michelle Spark, was shocked so many animals would be abandoned, adding her staff are nursing each puppy back to health.

"Overall they're healthy," she said.

"They don't appear to be sick, they're still on a 10-day quarantine just to make sure they don't have any viruses ... and now we're in the middle of bathing, cleaning them up, getting rid of fleas and deworming."

Eight of the 20 puppies rescued by a Saskatchewan hunter Friday night have already been adopted. COURTESY FACEBOOK/BATTLEFORDS HUMANE SOCIETY

Photos of the 20 puppies posted to the Battleford's Humane Society's Facebook page on Saturday morning were shared widely, and Spark said the post has now been seen by more than 80,000 people.

The shelter has also received what she says are thousands of dollars in donations of dog food, kennels and toys for the puppies, receiving at least 500 phone calls about the abandoned dogs from across Canada and around the world.

"We've kind of been working in crisis mode for the last three days and we've had overwhelming support from all across Canada," she said. "Even down into Mexico, we've had people call from Mexico wanting to leave donations."

"It's just been fantastic," she said. "Our office is full of puppy food, teddy bears and kennels."

Spark said the support has been "overwhelming" and she hopes it continues after the crisis, as the shelter is already 20 dogs over capacity.

"We are a very small shelter and it is very rundown and we are in the process of raising money for a bigger facility," she said. "So it would be nice to see this continued support even after the crisis is over."

Spark said the shelter has already found homes for at least eight of the 20 puppies, adding inquiries about adopting the dogs have been pouring in.

"We have applications coming out of our ears," she said.

MORGAN MODJESKI/FOR METRO

Mormon-founded Alberta town of 3,500 to vote on alcohol sales

Dry for 109 years. Plebiscite would enable the sale of alcohol at restaurants and golf courses

An alcohol sales ban in place since Alberta became a province will be voted on in a plebiscite in Cardston, Alta. today.

Cardston, located 240 kilometres south of Calgary, was founded in 1887 by Mormon settlers. The religion prohibits the drinking of coffee, tea and alcohol, and believes Sundays are holy and should be about reflection.

About 80 per cent of its 3,500 residents are Mormons, or members of the Church of Jesus Christ of Latter-day Saints.

The non-binding plebiscite limits the sale of alcohol at restaurants with a meal or at the local golf course or recreational facility. It does not call for the opening of liquor stores.

The plebiscite, which also asks about fluoride in the water and allowing backyard hens, simply asks, "Are you in favour of alcohol sales within the Town of Cardston?"

Currently the two nearest communities where alcohol can be obtained are Fort Macleod to the north and Lethbridge to the northeast.

Mayor Maggie Kronen says if the vote is in favour of allowing liquor sales it will be up to the province to amend the liquor laws as they apply to Cardston.

She acknowledges the change could result in economic spinoffs.

THE CANADIAN PRESS

Transplanted womb gives couple new baby boy

Vincent, the first baby born to a woman who had a womb transplant, is cradled by his mother at an undisclosed location in Sweden on Monday. The parents say they hope they can be an inspiration to others struggling with infertility. After what they describe as a roller-coaster journey, the unnamed couple finally became parents last month, when the mother gave birth to a healthy but premature baby boy.

BEN JARY/THE ASSOCIATED PRESS

Mischief charge. Aussie in Calgary claims she's victim of sex trafficking

Calgary police have charged an Australian woman who says she is an underage victim of sex trafficking and exploitation.

Police say a woman walked into a city health centre last month and said she was a 14-year-old who had been abducted and sexually assaulted over a prolonged period.

She was taken to hospital where health workers and police spent hours working with her to establish the extent of her abuse and to provide care.

Police say they were notified last week of a case in Dublin, Ireland, last year in which police charged a woman for making similar claims.

It's believed the woman — who uses several aliases, including Aurora Hepburn — is the same in both instances.

Samantha Lyndell Azzopardi, 26, is charged with public mischief to mislead a peace officer.

THE CANADIAN PRESS

Samantha Lyndell Azzopardi
THE CANADIAN PRESS/HO-CALGARY POLICE SERVICE

Virginia

Richmond issues first same-sex marriage licence

Just hours after the U.S. Supreme Court cleared the way by turning away several appeals, gay couples have started marrying in Virginia.

Thirty-year-old Lindsey Oliver and 42-year-old Nicole Pries received the first same-sex marriage licence issued from the Richmond Circuit Court Clerk's office shortly after 1 p.m. on Monday.

Upon leaving the courthouse, they were married by gay-rights advocate Rev. Robin Gorsline.

The couple said Monday also was the anniversary of a commitment ceremony they held on a North Carolina beach three years ago.

THE ASSOCIATED PRESS

New Jersey

Latin motto lost in translation

The Latin motto engraved on the wall of a new library in southern New Jersey was translated incorrectly.

Officials had thought the phrase "Nos Secundus Conjecto Omnia" meant "We confirm all things twice." But it actually means "We second-guess all."

Moorestown architect Rick Ragan tells the Burlington County Times he learned of the problem from residents who translated it online.

Ragan says he'll pay a stonecutter to change the phrase to "We encourage all." He'll also have the Roman numerals fixed to reflect the proper year.

Mayor Chris Chiacchio tells the newspaper a mistake is a mistake only if you do not have the courage to correct it. THE ASSOCIATED PRESS

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Online abuse. Woman accused of hassling missing girl's parents found dead

A 63-year-old woman accused of abusing the parents of missing girl Madeleine McCann online has been found dead in a hotel room near Leicester, central England. Her death has revived debate about media responsibility and how to respond to online "trolls."

Television channel Sky News identified Brenda Leyland as a Twitter user who had expressed doubt about Kate and Gerry McCann's explanation following their daughter's disappearance.

Last week, a Sky News reporter confronted Leyland — who lived in the same county as the McCanns — on camera about the alleged abuse. She said she was entitled to send the tweets.

Leicestershire Police said the body of the woman was found on Saturday and the death is not being treated as suspicious.

Madeleine McCann disappeared days before her fourth birthday in May 2007 during a vacation at a Portuguese resort. The case is unsolved, but in a 2008 book, a Portugeuse detective alleged the McCanns were involved. **THE ASSOCIATED PRESS**

United Kingdom

Man admits to hammer attack

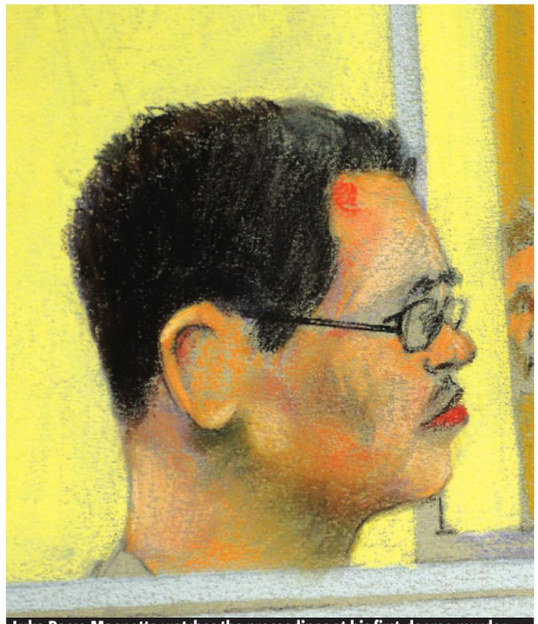
A British man has admitted to battering three sisters from the United Arab Emirates with a hammer during an attack at a London hotel, but denies trying to kill them. **THE ASSOCIATED PRESS**

New York City

Bear cub dead in Central Park

A bear cub was found dead Monday morning by a dog walker, under a bush inside New York City's Central Park. Authorities suspect animal cruelty. **THE ASSOCIATED PRESS**

Details unclear about how Lin, Magnotta met: Police



Luka Rocco Magnotta watches the proceedings at his first-degree murder trial in Montreal on Sept.30, 2014. MIKE MCLAUGHLIN/THE CANADIAN PRESS

No answers. Phone records, online activity and photos offer no conclusions as to how Lin and Magnotta came into contact

Jurors in Luka Rocco Magnotta's first-degree murder trial were told Monday police have been unable to determine how the accused first met Jun Lin, based on the gathered evidence.

"Despite intensive searches ... nothing allows us to establish how they met, when or why," Montreal police Det.-Sgt. Claudette Hamlin testified, having checked their phone records, online activity and photos on Lin's computer, none of which are of Magnotta.

The trial resumed Monday with more surveillance video from Magnotta's apartment building that shows him leaving for the last time on May 26, 2012 holding a carry-on suitcase and getting into a taxi two days after Lin was seen walking into the building with Magnotta.

Lin, 33, was seen on surveillance wearing a yellow T-shirt, shorts and baseball cap as he walked into the apartment building with Magnotta at 10:16 p.m. on May 24, 2012. He was never seen alive again.

Over the next day Magnotta was caught on the same cameras wearing Lin's T-shirt and methodically putting the trash in the building's basement and outside before leaving for the final time two days later.

Lin's torso was found May 29, stuffed in a suitcase behind the building along with others in the trash.

Magnotta has admitted to causing the acts he's accused of, but his lawyer says his client suffers from schizophrenia and borderline personality disorder, and insists he is not criminally responsible.

The Crown contends the killing was deliberate and planned. **THE CANADIAN PRESS**

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Canada debates role in ISIS battle as fighter jets prepare for takeoff

A U.S. soldier begins his journey home at the end of the U.S. military mission in Iraq in 2011. Canadian fighter jets will soon be sent off to war in Iraq, as the House of Commons stands poised to approve a motion that would deploy aircraft to the country for up to six months. KHALID MOHAMMED/THE CANADIAN PRESS

Fog of war. House of Commons set to approve deploying aircraft to Iraq as concerns raised about civilian casualties

Canadian CF-18s will soon be heading off to war in Iraq, leaving Parliament and the public in a fog about some key elements of the military commitment — notably what efforts will be made to limit civilian casualties.

The House of Commons stands poised to approve a motion, likely on Tuesday, that would deploy six fighter-bombers, two CP-140 surveillance planes and one refuelling aircraft for coalition air strikes in Iraq for up to six months.

The Harper government was mute during Monday's debate about what precautions would be taken to prevent bombs from going astray and killing innocent people.

Defence Minister Rob Nicholson would only say that the air force will "live up to the highest standards."

National Defence was asked what sort of legal agreements were in place to protect Canadian pilots from possible accusations of targeting civilians.

A spokeswoman for Nicholson, Johanna Quinney, would respond with only the blanket assurance that the air force is "authorized to strike (ISIS) in the Republic of Iraq."

Green party Leader Elizabeth May questioned the effectiveness of airstrikes, citing published reports from the region quoting Kurdish fighters who say the airstrikes have failed to slow ISIS's advance.

"They scattered and reform after the jets leave," said May, who asked for evidence that the bombing runs would prove effective.

She wondered whether "the planned mission will do anything other than to fall into the trap (ISIS) has set to get us involved for their propaganda and ongoing efforts to destabilize the region and encourage recruitment."

THE CANADIAN PRESS

Chicago. American teen charged after attempting to fly to Syria to join ISIS

An American teenager who expressed disgust with Western society was arrested at a Chicago airport, from where he intended to travel to Turkey so that he could sneak into Syria to join the Islamic State of Iraq and al-Sham (ISIS) group, according to a criminal complaint released Monday.

The FBI arrested Mohammed Hamzah Khan, a 19-year-old U.S. citizen from the Chicago suburb of Bolingbrook, on Saturday at O'Hare International Airport. He is charged with attempting to provide material support to a foreign terrorist organization.

THE ASSOCIATED PRESS

Mohammed Hamzah Khan's parents leave the Dirksen federal building Monday in Chicago. Khan is charged with attempting to provide material support to a foreign terrorist organization. AL PODGORSKI/SUN-TIMES MEDIA/THE ASSOCIATED PRESS

Japan

Student suspected of planning to join terrorist group

Japanese police questioned a university student and several others Monday over suspected plans to travel to Syria to join the Islamic State of Iraq and al-Sham (ISIS) group, reports said.

The reported investigation by Tokyo police would be the first indication of possible support within Japan for the militant group. Tokyo Metropolitan Police declined to comment on the reports.

News outlets said investigators questioned a 26-year-old male Hokkaido University student and several men who shared a house with him on suspicion they were preparing to go to Syria to fight.

Investigators believe that the student responded to a poster at a bookstore in downtown Tokyo offering positions for "work in Syria."

THE ASSOCIATED PRESS

Brain GPS project finds Nobel Prize

'Grid cell.' Discovery represents a paradigm shift in the knowledge of how cells work together

Husband-and-wife team May-Britt Moser and Edvard Moser are seen in a laboratory in Trondheim in 2008. GEIR MOGEN/NTNU HANDOUT/THE ASSOCIATED PRESS

U.S.-British scientist John O'Keefe and Norwegian scientists May-Britt Moser and Edvard Moser won the Nobel Prize in medicine on Monday for discovering the "inner GPS" in the brain that helps us navigate through the world.

Their findings in rats — and research suggests that humans have the same system in their brains — represented a "paradigm shift" in the knowledge of how cells work together to perform cognitive functions, the Nobel Assembly said, adding that knowing about the brain's positioning system may "help us understand the mechanism underpinning the devastating spatial memory loss" that affects people with Alzheimer's disease.

"This year's Nobel laureates have discovered a positioning system, an inner GPS in the brain, that makes it possible to orient ourselves in space," the assembly said.

O'Keefe, 75, of University College London, discovered the first component of this system in 1971 when he found that a certain type of nerve cell was always activated when a rat was at a certain place in a room. He demonstrated that these "place cells" were building up a map of the environment, not just registering visual input.

Thirty-four years later, in 2005, May-Britt Moser and Edvard Moser, a married couple at the Norwegian University of Science and Technology in Trondheim, identified another type of nerve cell — the "grid cell" — that generates a co-ordinate system for precise positioning and path-finding, the assembly said.

THE ASSOCIATED PRESS

Jewish teens pedal in prep for Sukkot

In this photo provided by Chabad.org, 10 Chabad-Lubavitch teens on 'pedi-sukkahs' ride down Fifth Avenue in New York on Monday. The pedi-sukkahs are modified pedi-cabs with a Sukkah — a hut-like structure covered with bamboo — attached on the back. The goal of the parade is to create awareness for the upcoming Jewish holiday of Sukkot, a seven-day, biblically mandated holiday which begins Wednesday and ends after nightfall on Oct. 15. ITZIK ROYTMAN/THE ASSOCIATED PRESS

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Inbound. Health officials debating additional Ebola screening at U.S. airports

American health officials said Monday the U.S. is weighing whether to institute extra screening at U.S. airports where travellers from Ebola-stricken African nations may be arriving, ahead of a White House meeting on the Ebola outbreak.

Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, said "discussion is underway right now" and "all options are being looked at." The question, Fauci told CNN, is whether "the extra level of screening is going to be worth the resources you need to put into it."

"There is clear-cut screening going on in the exit end," Fauci said, referring to the Ebola-affected countries' practice of screening outbound passengers before they leave.

An MSF nurse is outfitted with personal protection equipment in Monrovia, Liberia. THE ASSOCIATED PRESS

The current U.S. discussion, he said, centres on "what kind of screening you do on the entry end. That's something that's on the table now."

THE ASSOCIATED PRESS

Aid. Canadian military plane takes off with face shields for West Africa

Canada has sent a military cargo plane to West Africa to deliver protective medical equipment the World Health Organization badly needs there.

The federal government announced Monday that a Hercules aircraft left CFB Trenton, Ont., to transport plastic face shields used by health teams working on the Ebola response.

The plane was destined for Freetown, Sierra Leone, bearing 128,000 face shields donated to the WHO by the government of Canada.

The WHO had requested 300,000 face shields; another shipment will be sent within the next week, the Public Health Agency of Canada said.

Last month the federal government announced it would make $2.5 million in personal protective equipment available to the WHO for the Ebola response. THE CANADIAN PRESS

Vaccine may be the only way: Experts

Epidemic too large.
Specialists losing hope of containing Ebola

Nowa Paye, 9, is taken to an ambulance after showing signs of Ebola infection in the village of Freeman Reserve, about 50 kilometres north of Liberia's capital city Monrovia. THE ASSOCIATED PRESS FILE

As West Africa's Ebola outbreak continues to rage, some experts are coming to the conclusion that it may take large amounts of vaccines and maybe even drugs — all still experimental and in short supply — to bring the outbreak under control.

Embedded in that notion is the reality that the catastrophic epidemic may remain unchecked for months, given that these products haven't yet been proven to be safe or effective in people, and won't be available in significant amounts any time soon.

"It is conceivable that this epidemic will not turn around even if we pour resources into it. It may just keep going and going and it might require a vaccine," Dr. Anthony Fauci, director of the U.S. National Institute for Allergy and Infectious Diseases, told The Canadian Press in an interview.

Earlier in the outbreak many experts insisted experimental vaccines could not be tested and produced in large enough amounts in time to affect the outcome. They stressed publicly — some still do — that the "tried-and-true" measures used to contain Ebola outbreaks in the past would eventually control this one.

Those measures are aimed at breaking the chains of transmission. The sick are housed in isolation units, where the only people they have contact with are garbed head-to-toe in protective apparel. Those who don't survive are buried in thick body bags, without the cultural rituals that often spread the disease.

Contacts of the sick are monitored for 21 days and are whisked into isolation if they start to get ill. People with Ebola are believed to be contagious only when they have symptoms, which is when they must not come into contact with others.

But this epidemic is so large it has long since outstripped the capacity of responders to care for all the sick, let alone trace their contacts. People are dying at home, infecting their families in the process. Some are dying abandoned on streets, or outside the gates of overfull treatment centres.

On Sunday, Sierra Leone reported 121 deaths. That is more deaths in a single day than recorded in most Ebola outbreaks from start to finish. The World Health Organization says to date about 7,500 people are known to have been infected with the virus, and more than 3,400 have died.

THE ASSOCIATED PRESS

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Kenyan president to step down temporarily

International Criminal Court. He faces crimes against humanity charges

Kenyan President Uhuru Kenyatta on Monday told the nation in an address before parliament that he would temporarily step down as president while attending a hearing at the International Criminal Court this week.

Kenyatta faces crimes against humanity charges at The Hague, Netherlands-based court for allegations that he helped instigate violence that followed Kenya's December 2007 presidential election, when more than 1,000 people were killed.

The court ordered him to attend a status hearing Wednesday, denying his request that he participate by video. The hearing would be the first time a sitting president attends an ICC session, a mark Kenyatta's political supporters have urged him to avoid.

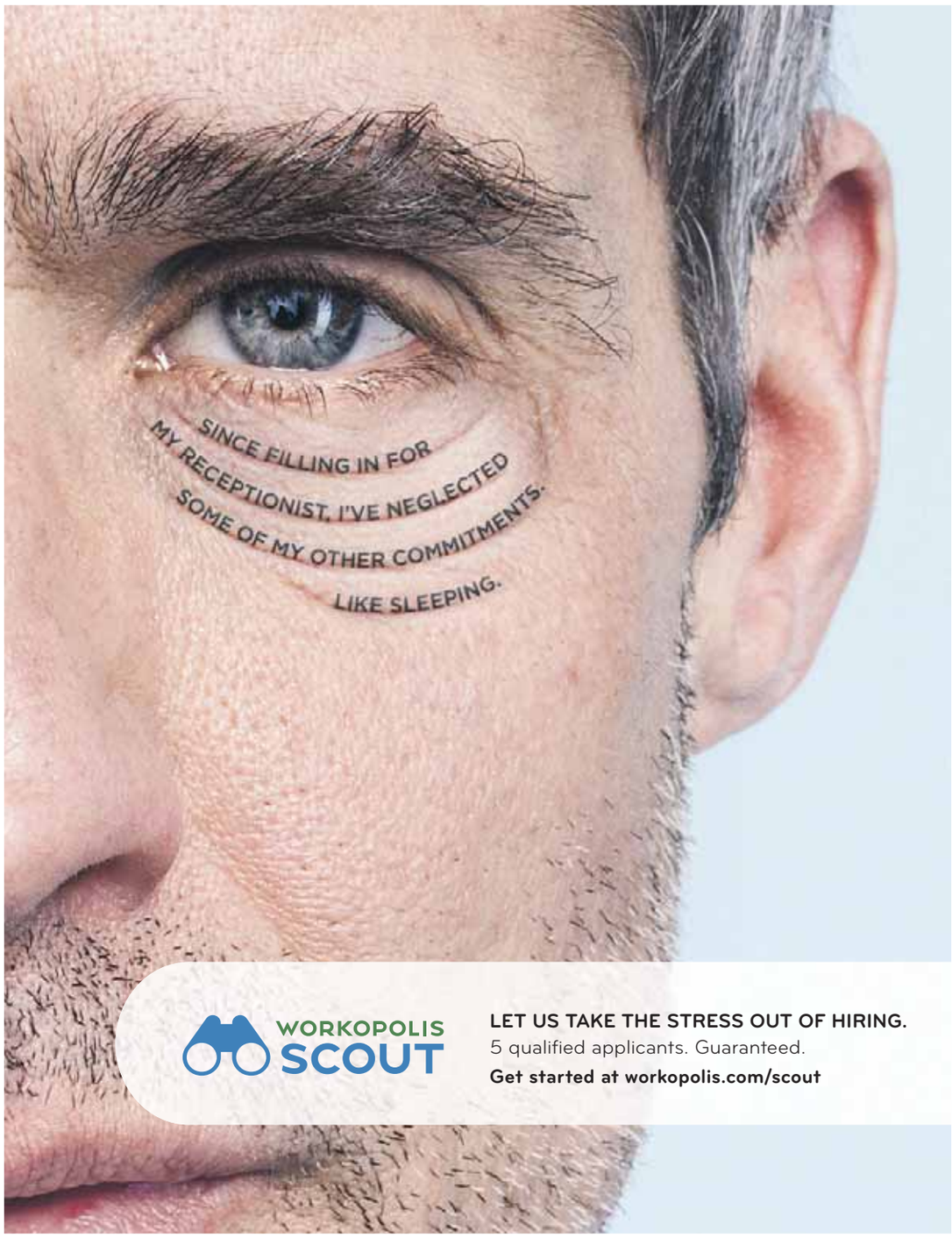
Seeking to bypass that notation in history, the president on Monday said he would invoke a never-before-used article of the constitution that will see Deputy President William Ruto temporarily become president.

Kenyatta also said Africa's "century of exploitation and domination" by the West continues. Critics of the ICC note that it has only prosecuted Africans.

THE ASSOCIATED PRESS

Kenyan President Uhuru Kenyatta on Monday told the nation in an address before parliament that he would temporarily step down as president.

BAS CZERWINSKI/THE ASSOCIATED PRESS FILE



Ties to Manitoba

Two Canadians shot dead in Honduras

Two men with ties to the southwestern Manitoba community of Virden have been shot and killed in Honduras.

Gerry Beltz says his brother, Wayne, was gunned down Sunday in a small beach community where he had owned a bar and restaurant for the last 20 years.

The victim's stepson, Rob Beltz, was also killed.

Gerry Beltz says it doesn't look like robbery was the motive in his brother's shooting.

He says it appears that the stepson, who worked on the oil rigs in Honduras and was visiting his stepfather, was being targeted.

Both men are to be buried in Honduras.

Wayne Beltz, who was known as Henry, was in his late 50s and Rob was in his late 30s.

Gerry Beltz said he found out about the shootings when he phoned his brother's cell and a woman who could speak English answered. He thinks she was an employee at the restaurant.

THE CANADIAN PRESS

Solving a grisly discovery

Relatives of students reported missing after a violent confrontation in Iguala with police attend a press conference at the Isidro Burgos rural teachers college in Ayotzinapa, Mexico, Monday. State officials worked to determine whether 28 bodies found in a clandestine grave are students who were attacked by police. President Enrique Pena Nieto called the deaths "outrageous, painful and unacceptable."

EDUARDO VERDUGO/THE ASSOCIATED PRESS

Hong Kong. Legacy of Tiananmen movement looms over protests

The legacy of the 1989 crackdown in Tiananmen Square looms larger in Hong Kong than in mainland China, where the Communist Party has virtually erased all public mention of it.

In this former British colony, hundreds of thousands attend candlelight vigils each anniversary to commemorate the grim end to the Beijing movement that was vanquished before many of the pro-democracy protesters in Hong Kong's streets were even born.

Hong Kong's student-led protesters insist they are not challenging Communist rule, just details of Beijing's plans for political reforms in the city.

But many of their elders fear the protesters risk going too far if they stay in the streets in defiance of demands to leave in the biggest challenge to China since it took control of Hong Kong in 1997.

One urging the Hong Kong protesters to bide their time is reform-minded Bao Tong, former aide to then-Communist Party general secretary Zhao Ziyang, who spent the last 16 years of his life under house arrest after sympathizing with the students who occupied Beijing's Tiananmen Square to seek democracy on the mainland.

"The seeds have already been sown, and they need time to lie fallow," Bao wrote Sunday for Radio Free Asia. "Take a break, for the sake of future room to grow. For tomorrow."

The memories of the June 4, 1989, military assault that ended the sit-ins in Tiananmen, killing hundreds, are vivid among Hong Kong people old enough to have lived through the exhilaration of the protests and the gloom that followed the crackdown. THE ASSOCIATED PRESS

Intellectual dissent

The protests in Hong Kong, like those in Tiananmen, are a legacy of student and intellectual dissent stretching to the anti-colonial May Fourth movement of 1919.

Family debate

Pope urges bishops to speak without fear, listen with humility

Pope Francis urged bishops on Monday to speak their minds without fear about contentious issues like contraception, gays, marriage and divorce at the start of a two-week meeting aimed at making the church's teaching on family matters relevant to today's Catholics.

Francis told bishops they shouldn't even be afraid of showing him disrespect, saying he wants a frank debate that shouldn't be tempered by fears that some issues are too taboo to even be discussed. THE ASSOCIATED PRESS

Hong Kong students vow to hold pressure

Protests shrinking. Schools reopened, civil servants returned to work after protesters cleared the area outside the city government headquarters

A man jumps from a barricade of pro-democracy demonstrators in Hong Kong on Monday. Exhausted Hong Kong demonstrators debated the next step in their pro-democracy campaign as their numbers dwindled after a week of rallies, and the city returned to work despite road closures and traffic gridlock. PHILIPPE LOPEZ/THE ASSOCIATED PRESS/GETTY IMAGES

The students whose calls for democratic reforms sparked the most dramatic challenge to authorities since Hong Kong returned to Chinese control are vowing to keep up the fight.

But as the numbers of protesters dwindled Monday from tens of thousands into the hundreds, it was unclear where the tumult of the past week would lead.

In the Mong Kok district, the site of weekend clashes in which mobs tried to drive the demonstrators out of the intersection they were blocking, hundreds of curious onlookers surrounded the remaining protesters Monday evening, taking pictures.

"The threats in Mong Kok have passed, and now people are just curious about the sit-in," said 36-year-old Anita Lee, a resident. "There are more onlookers than protesters."

Many in Hong Kong are wondering if the protest movement may have run its course and whether the students have a clear strategy for pressing their demand that all candidates for the city's top leader, or chief executive, not be screened by a pro-Beijing committee.

"They can't sustain attendance in protests if it goes on and on," said Michael Davis, a professor at Hong Kong University. "They need some strategy where they can withdraw the crowds so they can say to the government that if they are not sincere, they will mobilize crowds back on the streets."

Lau Kong-wah, the undersecretary of constitutional affairs, said late Monday that the government and students had agreed on terms for the talks, including that the two sides would be on an equal footing.

Lester Shum, a leader of the Hong Kong Federation of Students, confirmed the agreement, but said they had not discussed or reached a consensus on the agenda.

Chief Executive Leung Chun-ying, who has rejected the protesters' calls for his resignation, said in a TV address Monday that the government would seek "a sincere dialogue on political reform."

At the same time, Leung reiterated that everyone should stop blocking the streets.

The students say they would walk away from the talks if police, who fired tear gas and pepper spray on unarmed protesters Sept. 28, use force to clear away the remaining demonstrators.

THE ASSOCIATED PRESS

Postmedia buying big chunk of Sun Media for $316 million

Extra! Extra! Read all about it! National Post owner has a deal to purchase Quebecor's English-language newspapers and websites

Postmedia newspapers, including the National Post and Ottawa Citizen, are shown with Quebecor Media's Ottawa Sun on Monday. JUSTIN TANG/THE CANADIAN PRESS

Postmedia is bulking up its ammunition against Facebook and Twitter by spending more than $316 million to purchase most of Sun Media, an effort it hopes will help stop the steady erosion of its advertising business.

The move will make the owner of the National Post, and a slate of other digital news properties, a significantly larger national media player and allow it to tap further into the eroding newspaper industry as it builds its online network of websites.

"We need this scale, and of course time, to be able to compete with the giant foreign-owned, digital-only companies like Google, Facebook, Yahoo, Twitter, etc.," Postmedia CEO Paul Godfrey said in a news conference on Monday.

Buying Quebecor's English-language operations puts a lot of options at Postmedia's disposal, including 175 traditional newspapers and publications, like the Sun chain of dailies, the London Free Press and the 24 Hours dailies in Toronto and Vancouver.

Postmedia also pockets valuable real estate that could soon be on the sales block, as it focuses on assets like the Canoe.ca national news website, which is part of the acquired properties.

"Digital audiences are unbelievably valuable to this strategic acquisition," Godfrey said.

"Over time, our hope is that Canoe and all of the other related websites may very well become the jewel of the deal."

The sale is subject to approval by the Competition Bureau.

However, Postmedia will still be dwarfed by the reach of its Silicon Valley competitors in the social media world.

Google's advertising division, for example, allows an advertiser to purchase banner ads that run on thousands of popular websites, as well as video spots featured on YouTube. Facebook and Twitter both sell ads that are seamlessly integrated into each user's news feeds.

THE CANADIAN PRESS

Rose $3 billion

WhatsApp? The final price of the messaging service

Facebook has completed its acquisition of the mobile messaging service WhatsApp for almost $22 billion US, up from the original $19 billion when the cash-and-stock deal was struck early this year thanks in part to the rising price of Facebook shares.

THE ASSOCIATED PRESS

Storied hotel

Hilton selling Waldorf Astoria for $1.95 billion

Hilton Worldwide is selling the Waldorf Astoria New York to Chinese insurance company Anbang Insurance Group Co. for $1.95 billion US.

Hilton will continue to manage the storied hotel for the next 100 years as part of an agreement with Anbang.

THE ASSOCIATED PRESS

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Germany. Factory orders down by 5.7%

German factory orders dropped sharply in August, led by a big drop in demand from abroad and cancelling out a large rise the previous month, official data showed Monday.

Orders in Europe's biggest economy were down 5.7 per cent compared with the previous month, the Economy Ministry said, a significantly worse showing than the 2.5 per cent drop economist had predicted.

The ministry said big-ticket orders were slightly below average and demand was hit by the timing of school vacations in Germany, but conceded that demand was weakened by the "hesitant economic development" of the 18-nation eurozone and uncertainty caused by "geopolitical events" — shorthand for crises in Ukraine and the Middle East.

The previous month's data had sent a positive signal, with orders rising 4.9 per cent in July following two more modest drops. THE ASSOCIATED PRESS

Hewlett-Packard splits itself into two companies

Declining revenues. The PC maker tries to change with the times

Hewlett-Packard is splitting itself into two companies, one focused on its personal computer and printing business and another on technology services such as data storage, servers and software, betting that it can drive faster sales growth with more focused operations.

Hewlett-Packard, like other PC makers, has struggled as customers shifted toward smartphones and tablets and away from desktops and laptops. It also has been shifting its services business toward cloud computing opportunities as fewer customers opt for traditional data storage. The company has posted revenue declines in 11 of the past 12 quarters and laid off tens of thousands of people in recent years as it attempts to cut costs.

Hewlett-Packard is splitting into two companies. THE ASSOCIATED PRESS FILE

HP hopes that the two units will be worth more separately and be able to grow more quickly apart than they can together.

The planned breakup follows other big companies that have spun off business units in order to drive growth. EBay Inc. last week said it would spin off its fastest-growing segment, payment service PayPal, into a separate publicly traded company. THE ASSOCIATED PRESS

Market Minute

DOLLAR
89.84¢
(+1.02¢)

TSX 14,743.12 (-46.66)

OIL $90.34 US (+$0.60)

GOLD $1,207.30 US (+$14.40)

Natural gas: $3.91 US (-$0.09)
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45	$16	$12	$19	$13	$33	$22
50	$16	$13	$29	$20	$52	$36
65	$61	$40	$146	$94	$280	$183

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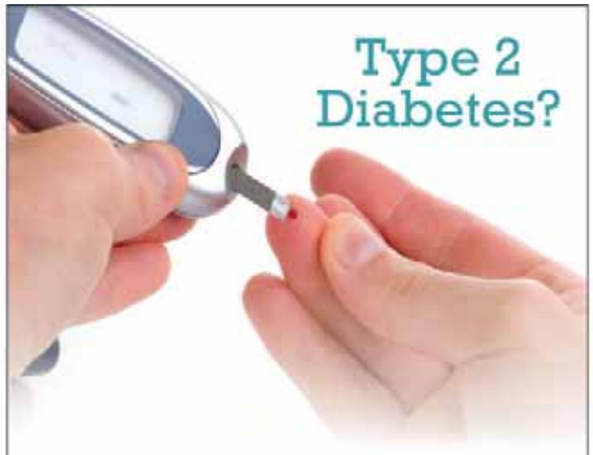

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GETTING OLD SUCKS — OR DOES IT?

SHE SAYS

Jessica Napier
metronews.ca

As I enter my late 20s (OK, *very* late 20s), I've noticed many of my peers complaining about getting old. This is ridiculous, of course, since nobody born in the 1980s has any legitimate claim to being over the hill.

We live in a culture that glorifies youth, but aging is actually a privilege — and unfortunately it's not a privilege that everyone gets to experience. Whether it's down to luck, lifestyle or good genes, every single birthday is a milestone worth celebrating.

Like a fine wine or mature cheese, most human beings actually get better with age. I might groan about lower back pain and the emerging lines on my face (wear sunscreen, kids), but I'm enjoying the many positive side effects that come with getting old(er):

• **Acquiring new skills.** Age certainly does bring wisdom, thanks to all of the mistakes you make and life lessons you learn along the way. I'm not profoundly more intelligent than I was at 22, but I have reached new levels of competence when it comes to knowing how to reset my wireless router and navigate a foreign public transit system.

• **Forgetting about FOMO.** In my early 20s, I was very concerned with enjoying the same experiences as everyone else. I would throw on a party dress, down an espresso and force myself to go out even when I was utterly exhausted, because I was afraid of missing out on the fun I assumed I was supposed to be having. Now that I'm older and I've been there, done that, I don't feel guilty about staying in anymore. I've learned to truly appreciate the value of alone time, which is why I now feel OK about spending a Friday night drinking red wine and browsing through casserole recipes on Pinterest.

• **Increased productivity.** The aforementioned low-key evenings mean weekend mornings no longer involve rolling out of bed midday with a throbbing hangover. Last Sunday I went for a run, bought a week's worth of groceries and finished three loads of laundry, all before noon. Acting like a pyjama-clad sloth during daylight hours is just not acceptable anymore — unless the Polar Vortex returns of course.

• **Better relationships.** When you have a home, a job and a variety of adult responsibilities, you don't have a lot of free time to spend with friends. Thus, the precious hours that you do have for socializing aren't wasted on undeserving faux friends who make you feel bad. Drama and gossip might have been salacious novelties in high school, but who has time for that anymore?

• **Self-love.** Perhaps the most rewarding part of the aging process is an increased feeling of comfort and confidence in your own skin. With every passing year I feel more self-assured, accomplished and fulfilled with the person I've become. I guess all of that youthful jealousy and insecurity dissipates when you realize that focusing on your own happiness is much more rewarding than fixating on other people's perceptions of you.

Metro Bitstrips caption contest

Today's winner: Elrich Foster

Become a cartoon star!

Visit metro.bitstrips.com on your mobile device to create an avatar and add your caption to the next comic. The funniest entry will be printed here and you'll be able to check out the runners-up by scanning the cartoon with your Metro News app.

MetroTube

Strange overtones giving us good vibrations

ANDREW FIFIELD
andrew.fifield@metronews.ca

SCREENGRAB

Hey, everyone! Are you in the mood to hear something cool? Of course you are. So get introduced to the absurdly talented multi-instrumentalist singer Anna-Maria Hefele, who specializes in polyphonic overtone singing — which pretty much means singing more than one note simultaneously. She sort of sounds like a theremin, while her hand gesture sort of looks like she's playing one. (Anna-Maria Hefele/YouTube)

Twitter

@metropicks asked: Despite valiant efforts, a man failed to get to Bermuda in a homemade floating "Hydro Pod." What outlandish journey would you attempt to take?

@kingperry: I do hope to use a hovercraft to scale a mountain that isn't so steep. #Alps? #Kilimanjaro?

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 23 in Scene.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
2. Hold your device over any image that has the AR logo near it. Wait for the green scan bar to read the image!
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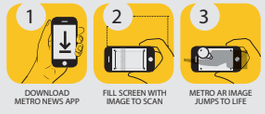

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THE ANNUAL SNAPSHOT ON OUR CITY'S QUALITY OF LIFE

A SPECIAL REPORT PRESENTED BY THE TORONTO FOUNDATION The Art of Wise Giving™ | ONE OF 191 COMMUNITY FOUNDATIONS OF CANADA

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TORONTO'S **VitalSigns®**
2014 Report

IT'S ABOUT TIME

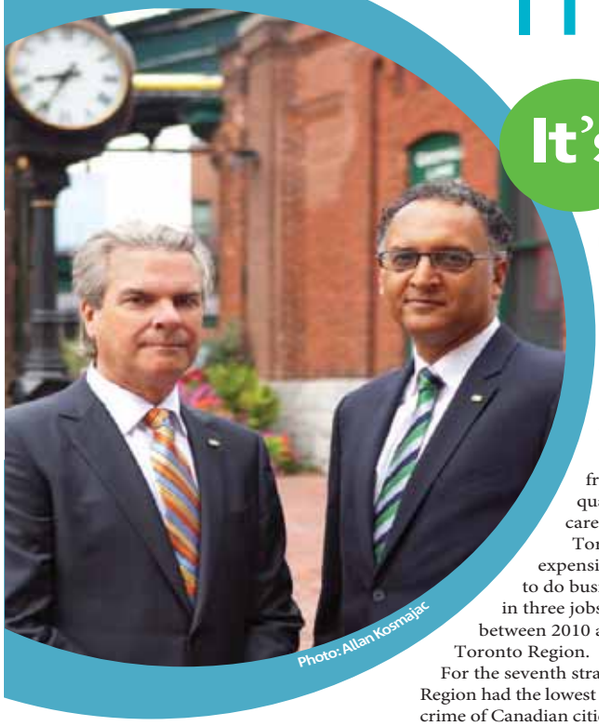
Photo: Allan Kosmajac

It's about time we stopped asking whether Toronto is world-class.

The Economist has declared Toronto the world's fourth most liveable city for the sixth year in a row, and we continue to rank highly on many leading international indices.

What does it take to be world-class?

It helps to be business friendly, to offer a high quality of life and good career opportunities.

Toronto is one of the least expensive places in the world to do business, and almost one in three jobs created in Canada between 2010 and 2013 were in the Toronto Region.

For the seventh straight year, the Toronto Region had the lowest rate of police-reported crime of Canadian cities. Toronto has 1,600 parks, and our air is cleaner than it was 10 years ago. Toronto Public Library continues to be among the world's largest and busiest urban public library systems. And students are now graduating at a rate higher than ever before.

Toronto excels at attracting highly skilled people from around the world. In 2011, we reached an important milestone: 51 per cent of our residents are foreign-born.

As we embrace Toronto's international reputation, it's about time we also grappled with the issues that come with being a rapidly growing and increasingly dense metropolis.

Our average commute is longer than anywhere in North America except New York City. The Toronto Region ranked as "severely" unaffordable according to an annual, international housing affordability survey of 360 markets worldwide. And in 2012, 29 per cent of this city's children were living in poverty — in 14 neighbourhoods, that rate was more than 40 per cent.

As you pause to consider Toronto's vital signs, consider this: Toronto is a spectacular city and we have many reasons to revel in that fact and feel optimistic about what's to come.

But we cannot stop there. We need to be thinking hard about the future. In the global economy, talent is critical to a city's competitiveness. To continue to attract — as well as retain — the best and brightest, Toronto needs to offer better opportunities so that more people experience this as the fourth most liveable city in the world.

Where will the vision and energy needed to propel our city into the future come from? People like you. At the Toronto Foundation, we encourage you — and your friends and neighbours — to become informed about and get involved with your city. It's the best investment you'll ever make. And, it's about time!

John Barford
Chair, Board of Directors

Rahul K. Bhardwaj
President & CEO

Toronto's Vital Signs® Report 2014 is available on the Toronto Foundation website: torontofoundation.ca

The Report

The Toronto Foundation's Toronto's Vital Signs® Report is an annual consolidated snapshot identifying the trends and issues affecting the quality of life in our city — progress we should be proud of and challenges that need to be addressed.

The Foundation partners with many researchers to produce the Toronto's Vital Signs Report, including **George Brown College,** our lead research partner. This data spread is a specially designed, condensed version of the Report. You can access the full Report at torontofoundation.ca.

The Toronto's Vital Signs Report aims to inspire civic engagement and provide focus for public debate. It is used by residents, businesses, community organizations, universities and colleges, high schools, and government departments. In addition, the Report is being replicated by cities around the world.

Join the conversation:

#TVS2014 or @TorontoFdn

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THE ANNUAL SNAPSHOT ON

YOUR GUIDE FOR DISCUSSION AND ACTION

As you read through this Report, consider the Vital Questions posed throughout. We have lots to be proud of, but there are also things we need to think about in order to shift some troubling trends.

Ask yourself:

• What issues do you care about? • What data surprises you? • Have you been inspired to act?

Please share your thoughts by filling out a short online survey at torontofoundation.ca

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Photo courtesy of Park People

DEMOGRAPHICS

The city of Toronto (or "Toronto") has **a population of 2,771,770.**
In 2011, **51%** of Toronto residents were born outside of Canada.

The Toronto Region (or "Region") has **a population of 5,959,505.**
Almost half the population of the Toronto Region resides in the city of Toronto.

Greater Toronto Area (or "GTA") has **a population of 6,054,185.**
Almost **1 in 5** Canadians (18.1% of the total population) live in the GTA.

Toronto's population continues to age. In 2013, **14.5%** of the population was 65 and over, up from 14.2% in 2012. By 2031 the senior population will comprise **17%** of the population, about half a million people.

HOUSING

What does it cost to call Toronto home?

77,109 households were actively waiting for affordable housing at the end of 2013 (4,413 more than in 2012).

4,413 more than in 2012

- The Toronto Region still ranks as "severely" unaffordable among 360 markets worldwide, and is the second most unaffordable housing market in Canada.
- It takes 65% of pre-tax household income to cover the average costs of home ownership (mortgage, property tax and utilities) at current market prices in Toronto, in the first quarter of 2014.

WORK

Who is working in Toronto and who isn't?

- Toronto and the surrounding Region's importance in the national jobs landscape has been growing since the 2008 financial crisis. Almost 1 in 3 of all jobs created in Canada between 2010 and 2013 were in the Toronto Region.

19.4% of Toronto workers experienced some kind of employment precarity (uncertain and insecure work) in 2013.

- As of July 2014, the unemployment rate in Toronto was 10.5%. After climbing to almost 21% in 2012, the Toronto youth unemployment rate dropped to 17.6% in 2013, but was still above 2011's 17.2%.

GAP BETWEEN RICH AND POOR

What does poverty look like in Toronto?

- Toronto has the second biggest gap in Canada (after Calgary) between the richest 1% and the rest. The average incomes of Toronto's richest 1% have risen by more than 80% since the 1980s.
- After a six-year decline (2004 to 2010), Toronto's child-poverty rates are on the rise. In 2012, 29% of children (17 and under) in Toronto were living in poverty. In 14 of Toronto's 140 social planning neighbourhoods, the rate was more than 40%.
- Nine out of 10 families with children in Toronto's aging high-rise apartment buildings in low-income neighbourhoods are inadequately housed and at some risk of homelessness.

SAFETY

Just how safe is Toronto?

- For the 7th straight year, the Toronto Region had the lowest rate of police-reported crime of Canadian cities. It dropped by 7% in 2013 over 2012, and 42% since 2003.

Homicides in Toronto increased in 2013 (to 57 from 56)

Homicides remained below the 63 murders in 2010

- 2013 saw the highest number of youth killed by guns in a single year in more than two decades. Seven teens aged 16 and under were killed. Toronto's shooting victims — all males in 2013 — averaged 22 years old, down from 26 in 2012. It's the lowest average age since 1990. In 1998, the average age was 34.

GETTING AROUND

How does Toronto's transportation compare?

At an average 66 minutes round-trip in 2011, commutes in the Region are longer than anywhere in North America except New York City.

More than 158,000 Torontonians cycle daily. During rush hour on College Street, there are as many cyclists travelling the bike lanes as there are cars on the road.

Toronto is the third-most walkable of Canada's 10 largest cities. With a score of 71.4 out of 100, Toronto finished behind Vancouver (78) and Victoria (77.7).

Photo: Michael Salem

OUR CITY'S QUALITY OF LIFE

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TORONTO'S **VitalSigns®**
2014 Report

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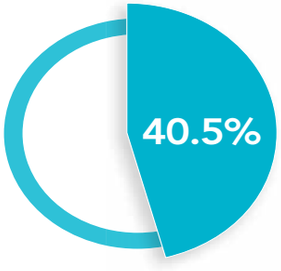
HEALTH AND WELLNESS

What are our biggest health challenges?



Youth (12 -19) are increasingly reporting inactivity during leisure time: 40.5% in 2013, vs. 31.9% in 2012.

- Close to 648,000 people in Toronto experience high stress almost all the time. 38% of grade 9-12 students, report being under a lot of stress.
- More than half (52.6%) of Toronto residents 12 and over reported being at least moderately active during leisure time in 2013 (up from 46.2% in 2012).

LEADERSHIP, CIVIC ENGAGEMENT AND BELONGING

Are Torontonians civically engaged?

- Almost 7 in 10 Torontonians, and almost 8 in 10 youth (12-19 yrs.), reported a strong sense of belonging to their community in 2013. For youth, it decreased by 8% between 2012 and 2013.
- Almost 2 of every 10 Toronto neighbourhoods are in dire need of community meeting places. Out of 140 neighbourhoods, 28% received a "red" (or risk) diagnosis for the prevalence of meeting places (such as community centres and places of worship) within a 10-minute walk.

Yes

Voter turnout has been low in Toronto's municipal elections, although it has been increasing over time: in 2000 about 36% of eligible voters cast a ballot; in 2006, it was 39.3%, and in 2010, it was 51%.

Photo: Laura Brown

ENVIRONMENT

How is the urban environment faring?

- For the fourth straight year, 8 of the city's 11 beaches were designated "Blue Flag" in summer 2013. Beaches were safe for swimming, on average 83% of the time, down from 89% the previous year.
- Toronto experienced extreme weather in 2013 — there were 7 heat alerts, 6 extreme heat alerts, and 36 extreme cold weather alerts.
- Toronto is home to more than 10 million trees — 16,000 trees per square kilometre, or about 4 trees per person. The tree canopy covers almost a third of the city.

Laura Berman of GreenFuse Photography

ARTS AND CULTURE

How do the arts impact Toronto's economy?

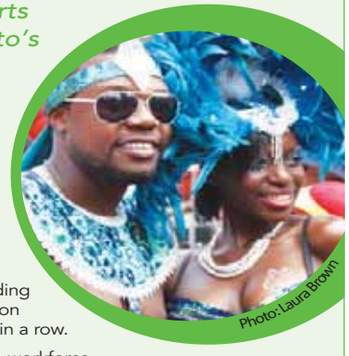


Photo: Laura Brown

- Arts and culture contribute $11.3 billion annually to the city's GDP. In 2013, film, television, and other screen-based media production spending exceeded $1 billion for the third year in a row.
- Toronto's creative workforce has grown by 34% since 2001, more than twice the growth of the overall labour force.
- The city increased its cultural spending by 1.1% in the 2014 budget. The per capita municipal investment in culture is now slightly more than $22 (the goal, set more than a decade ago, is $25 per capita by 2016).

LEARNING

How accessible is education?

+20.3%

In 2013, 83% of students graduated from TDSB high schools, an increase of 20.3% since 2000.

- Post-secondary graduation rates in the Toronto Region continue to climb: 57.1% of the Region's population over 15 has completed post-secondary education, greater than both the national (54%) and provincial (54.4%) averages, and a 24.1% increase since 2000.

Photo: Kim Lowes

- Annual tuition and fees for full-time university undergrads in Ontario were among the highest in Canada. They were estimated at $8,403 for 2013/14 (in 1990 they averaged $2,574). By 2016, tuition is projected to reach $8,756 (a 240% increase over 26 years).

ECONOMIC HEALTH

Toronto is one of the least expensive places to do business in the world.
It is the most tax-competitive of 51 international cities.

The Toronto Region set records for overseas visitors, hotel room nights sold, and tourism in 2013. The combined spending of these guests brought **$6.5 billion** to the local economy (up from $4.7 billion in 2012).

Construction is a key indicator of economic vitality. As of spring 2014, **147 high- and mid-rise** buildings were under construction in Toronto, significantly higher than any other North American city.

Toronto's economy continues to grow, though slowly.
After shrinking in 2008/09, Toronto's **GDP grew just under 2% in 2013.**

THE ANNUAL SNAPSHOT ON OUR CITY'S QUALITY OF LIFE

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TORONTO'S **VitalSigns®** 2014 Report

Inspired philanthropy made easy through the Vital Toronto Fund

Springboard's Community Learning HUB reaches more than 7,000 youth per year

"I've always made charitable donations, but until fairly recently, I was not very strategic. I would write cheques but not direct or follow the money," says Mitch Brown. But when he sold his business and suddenly had the money and the time to make more significant philanthropic donations, he decided to change his approach. Six years ago, he set up the Brown-Nusbaum Family Fund at the Toronto Foundation.

Working with the Toronto Foundation and supporting the Vital Toronto Fund enables Brown to choose where his money goes, and to ensure it has an impact in areas that are particularly relevant to him.

When it comes to philanthropy, everyone has their own interests, says Brown. "It may be a particular health issue, a demographic group, or an environmental initiative," he says. "I tend to be driven by innovation or technology." One of the programs he supported this year was Springboard's Community Learning HUB, an interactive software program aimed at teaching life skills to high-needs youth. It was a natural fit.

The HUB tackles what Alain Mootoo, chief administrative officer at Springboard, calls "core critical risk factors for youth"—teaching high-risk kids how to deal with challenging subjects such as anger management, substance-abuse avoidance, and gang prevention. Rather than taking a dry, academic approach, the HUB is delivered via touch-screens and digital media devices in a play-based environment. Ninety-five per cent of participants complete the program.

"The HUB is innovative, technology-based, and it has a wide reach," says Brown. "I liked how scalable it is."

"When the HUB began seven years ago, it was operating in six sites within Springboard," says Mootoo. "Today, it's operating in 48 communities, and reaching more than 7,000 youth per year."

Brown funded a Vital Ideas grant for Springboard. The funding means the HUB will soon have even greater reach.

"Right now we deploy the HUB to hardware devices — it's very labour-intensive," says Mootoo. The grant will enable Springboard to move the HUB online next spring. "Being web-based means we can accelerate the deployment of the HUB," he says. Having the program available online will enable the organization to reach a greater audience, do more program evaluation and improve the program faster.

Each year, hundreds of organizations from across the city apply for grants from the Vital Toronto Fund, including Vital Ideas.

"The grant submissions are the good news stories of Toronto," says Brown. "It's astounding. There are all these initiatives, and all these people who are so dedicated to making good things happen." But the initiatives need funding, which can be hard to come by.

With the support of people like Brown and his fellow Fundholders, as well as public and corporate sponsors and individual donors, the Toronto Foundation's Vital Toronto Fund supports charitable organizations of all shapes and sizes, offering a wide range of programming — from urban gardens to job training to recreation programs for kids. A person can set up a Fund or make a small one-time donation.

Photo courtesy of Springboard

"The Toronto Foundation is more and more instrumental in assisting these initiatives to prosper and to deliver more extensive and better quality services," says Brown. "If you want to give to Toronto, I think it's a fantastic place to give."

To find out more about Springboard's Community Learning HUB, visit springboardservices.ca or its Community Knowledge Centre profile at ckc.torontofoundation.ca/org/springboard. To learn about the Toronto Foundation, visit torontofoundation.ca.

A little goes a long way

Vital Toronto Fund has invested close to $6-million

There are so many worthy initiatives for social good in Toronto that could benefit from a donation that choosing just one to support may well seem impossible. That's where the Vital Toronto Fund comes in.

The Toronto Foundation's community endowment fund was established for people who want to support the long-term vitality of the city. Toronto Foundation Fundholders, individual donors, and public and corporate partners all contribute to the Vital Toronto Fund. That money is distributed by the Toronto Foundation via strategic grants; these grants help organizations that are working to solve Toronto's most pressing issues achieve their goals.

Since its inception, the Vital Toronto Fund has invested close to $6-million in almost 400 of Toronto's community organizations, through three types of grants. Vital Ideas grants help high-impact community organizations in Toronto stabilize, expand or replicate their community programming. Vital People grants fund professional development for not-for-profit leaders who are doing great work in their communities. Vital Youth/Playing for Keeps grants support free, high-quality recreation programs for youth 12-18 years old.

The Toronto Foundation's Vital Toronto Fund accepts donations of any size; donations of $25 or more are eligible for a charitable tax receipt.

For more information or to make a donation, visit torontofoundation.ca.

DVD review

Live Die Repeat: Edge of Tomorrow

Director. Doug Liman, Julianne Jordan

Stars. Tom Cruise, Emily Blunt

●●●●○

This Tom Cruise action vehicle is going out on disc with the action title it should have had this past summer, instead of the soapy Edge of Tomorrow — which likely scared off a few potential viewers. But the handle really doesn't matter. For once, Cruise is fully engaged with a role, instead of merely selling it. He proves this over and over again in the film's time-looping format, which requires a coward to repeatedly die if he hopes to be reborn as a hero. He's protecting Earth against invading spidery giant aliens. You kill one, and 10 more come after you. Cruise gets grand support from a terrific co-star (a buff Emily Blunt), a smart director (Doug Liman, The Bourne Identity) and a bright screenplay adapted from Hiroshi Sakurazaka's popular 2004 novel All You Need Is Kill. Live, Die, Repeat has so much going for it — there are even a few good laughs — you can easily forgive the climatic nonsense involving a world cultural landmark that plays like a sci-fi riff on The Da Vinci Code. PETER HOWELL

Director weaves a tangled World Wide Web in film

Men, Women & Children. Jason Reitman created his own virtual world for film about the way the Internet affects us

NED EHRBAR
Metro World News in Hollywood

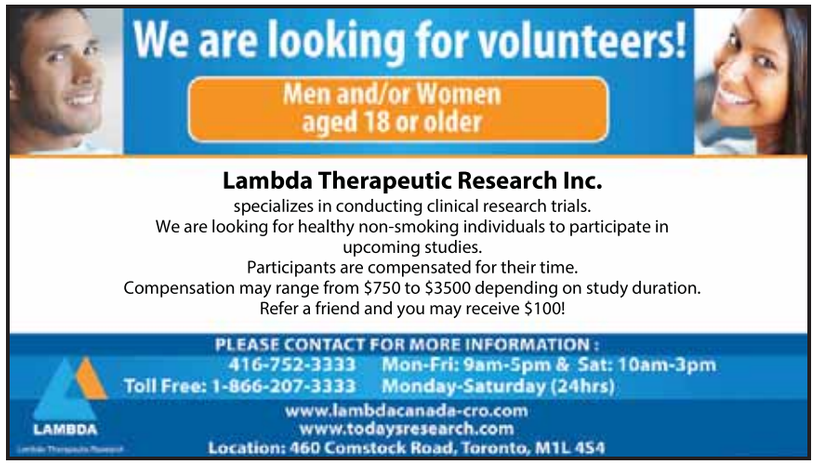
metro AR Scan this image with your Metro News app to watch an interview with director Jason Reitman on what it's like working with actors like Jennifer Garner. CONTRIBUTED

To make a movie about the Internet, sometimes you need to build your own Internet. At least that was Jason Reitman's approach for his latest film, Men, Women and Children, about how technology complicates people's attempts at love, sex and connection.

So, the Internet.
I'm living in an age of uncertainty in my business, which is caused by the Internet, which has brought uncertainty to so many people's lives — in their jobs, love relationships and relationships with their children. It is a moment of great question. It is the dawn of an industry like humanity has never seen. I don't think that the printing press comes close. It is something that relates to everybody. It's clear that nobody has any answers. You can watch as many TED conferences as you want, we just don't know.

You're dealing with a lot of traditional relationship problems, though. How much do you think the technology changes the situation?
It's the ability to communicate with strangers, to communicate with the unknown. And the ability to find it. The moment in a relationship when you go from cellphone face up (on the table) to cellphone face down. Yeah, things have changed and there's opportunity, but it's opportunity to follow human desire that has been around forever. And that can be desire for true intimacy or infidelity or to get into trouble. That's always been there. The Internet is this curiosity box that allows us to explore everything inside us whether it's good or bad. Everything is instantaneous, and the availability to young people threatens the concept of innocence, if you believe in it at all.

What was your process for tackling the problem of making people staring at their phones and computers look interesting onscreen?
We had to build the Internet; the Internet is a location in this film. We can't just put an actor at a desk and say, "Go to Facebook." Because if you go to Facebook you're going to wind up on a page with lots of people who are not cleared, making lots of comments that are not cleared, taking pictures that are not cleared with ads that are not cleared. This whole movie is people interacting with the Internet, their tablets, their phones, and I wanted it all to be real. So we built the Internet as a location to the actors. For every scene we built our own software that would emulate the Internet that would have pages you could navigate where every user, every like, every ad was our own. The first thing was to create an Internet that we 100 per cent recognize the way that we would recognize ... Starbucks or Gap.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LAMBDA

Novel salutes 'city of neighbourhoods'

Adult Onset. Author Ann-Marie MacDonald implores fans to 'quit the Toronto bashing'

Ann-Marie MacDonald made a carefully calculated decision to showcase Toronto in her new novel Adult Onset, which includes hyper-detailed descriptions of coffee shops, convenience stores and hipster lingerie boutiques in the city's Annex neighbourhood.

"I thought, 'Gee I'm going for it here. I'm really going to set it here, here's Bathurst and Bloor, and this may or may not fly with people,'" she said.

"Because everyone likes to kick Toronto around. Like, internationally, we're known for some very important things but we're not known for our neighbourhoods. And the rest of Canada likes to resent us for some fantasy of what they think Toronto is."

At this point, her thespian background kicks in. "Folks, just come to Toronto and quit the Toronto bashing," she pleads. "It's not simply the marvellous city of the Toronto film festival ... it's also a city of neighbourhoods."

Inhabiting those neighbourhoods in Adult Onset (Knopf Canada) is MacDonald's protagonist, Mary Rose MacKinnon, a successful author whose career is on hold as she navigates the relentless routine of caring for her two small children and a dog, while her partner Hilary is out West directing a play.

Amid a fatigued haze of tantrums, meal-making and mundane chores, Mary Rose ruminates on the past, and how her parents dealt with a childhood health issue that still nags.

Fans have been eagerly anticipating this novel, the author's first since 2003's Scotiabank Giller Prize-shortlisted The Way the Crow Flies.

She's been far from idle in the interim, busy with film and theatre work, hosting CBC's The Doc Zone, and raising two children with her partner, playwright and theatre director Alisa Palmer (the family is currently living in Montreal).

Although some authors balk at questions about whether their fiction is biographical, the issue seems unavoidable with Adult Onset, which took four years to write.

Ann-Marie MacDonald's new novel is set in Toronto's Annex. THE CANADIAN PRESS

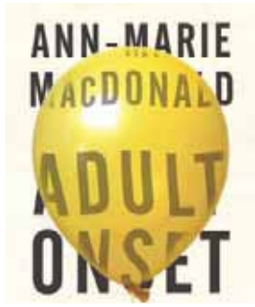
MacDonald chuckles at the query, saying it's one she's fielded for every one of her books — including her 1996 debut novel, the Oprah Winfrey-anointed drama Fall on Your Knees.

"The truth is that they're all autobiographical," she said.

MacDonald, 55, is not suggesting the events in her books "concretely happened," just that they are her "portal onto this world."

She calls Adult Onset an "extraordinary challenge," asking permission to describe her process in theatrical terms.

"It's almost like I thought, 'I am going to do something very low-tech, I am not going to have a lot of lighting, props, set, costume — bare stage, almost a one-woman show," she said. "Acoustic, there's a stool in the middle of the stage."



The experience of Adult Onset clearly wasn't an easy one. The author jokes that if she ever writes another book, it'll be set "in a land far away in a time long ago."

Despite her long list of accolades, MacDonald confesses to being "tremendously nervous" about the novel's release, which includes a book trailer, something she's wanted to do since Fall on Your Knees. She's also excited about discussing her work publicly, saying the book "doesn't exist" until it's being read.

And she's looking forward to introducing readers to Toronto through her loving descriptions of its neighbourhoods, something she considers a "gift to the people who care" about the city and an "invitation" to those who don't know it well.

"One book feeds another and another and another, until we build up an image bank, such that, down the line, a reader in the Netherlands comes to the corner of Bathurst and Bloor and has a sense of what that is."

THE CANADIAN PRESS

Quoted

"I thought, 'Gee I'm going for it here. I'm really going to set it here, here's Bathurst and Bloor, and this may or may not fly with people.'"

Author Ann-Marie MacDonald, on her new novel, Adult Onset, set in Toronto

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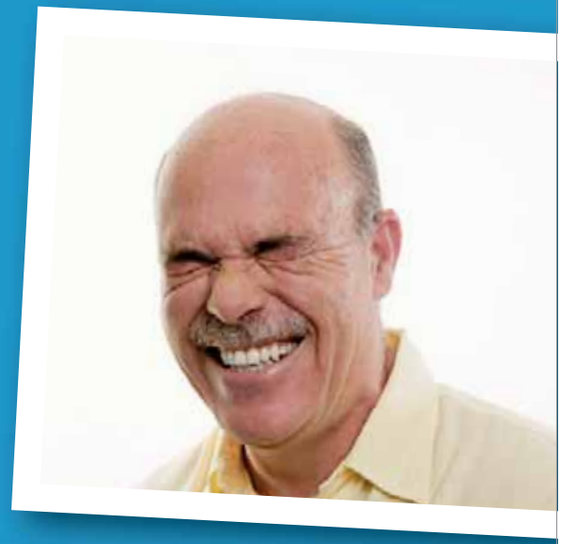

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Twin Peaks. Ready to make the best of a bad Bob, again

As the rumours became increasingly persistent, David Lynch finally made it official on Twitter: The cult series Twin Peaks will return to TV.

Premiered in 1990, Twin Peaks was only on the air for two seasons but is remembered as one of the most influential shows in American TV history.

Created by Mark Frost and David Lynch, the drama depicts the investigation into the mysterious death of Laura Palmer in the sleepy town of Twin Peaks.

David Lynch himself finally confirmed the news on Twitter on Monday, with a link to a YouTube video and a short message: "Dear Twitter Friends ... it is happening again."

The video shows the beloved Twin Peaks sign, Laura Palmer's face in front of the red curtains and the captions "25 years later" and "2016." The clip ends with the Lynch/Frost Productions logo, confirming that the famous director is producing this reboot.

Long rumoured, the third season will finally become a reality on Showtime. Excited fans are already wondering whether it will be worth the 25-year wait. **AFP**

David Lynch, creator of Twin Peaks AFP FILE

Lightning strikes. Suiting up for life in The Flash lane

The Flash (Tuesday at 8 p.m. EDT on CTV) is a series about a young man — Barry Allen — who gets struck by lightning and becomes the fastest person alive. But when actor Grant Gustin got the news he'd got the role, his wait to begin shooting was anything but quick. It was nine months before he would suit up and head to set.

"I'm glad I didn't break a leg or something," joked the 24-year-old Virginia native in an interview.

TV viewers got a sampling of Gustin as Allen last year, when he appeared in two episodes of The CW's Arrow (before his character becomes The Flash).

That in itself was a big deal. "It was the most scene work I had ever gotten to do on camera. Even though I was guest-starring, it felt like a big role already. It was really cool, really cool," recalled Gustin.

Prior to The Flash, he was best known for a recurring role on Fox's Glee, playing a high school student in a rival glee club.

Grant Gustin as The Flash. CTV

Putting on the costume has been a treat.

"I've literally laughed because I'm wearing it, I've taken so many hilarious selfies that nobody will ever get to see because I would get in trouble," Gustin said.

THE ASSOCIATED PRESS

Online petition

Are the Ewings done? Fans hope to save Dallas

Late last week, TNT announced the end of its Dallas reboot after three seasons. The news is devastating for the show's fans, who are taking action with an online petition.

Has the small screen seen the last of the Ewing family? Maybe not. In an Oct. 3 release, TNT announced it would discontinue its reboot of the iconic 1980s soap opera. As the trade press has been quick to point out, the network likely gave up hope due to the show's declining ratings.

Though the network has declared there will be no Season 4, Dallas fans are hoping to turn things around. The online petition Help Save Dallas TNT has already been signed by 46,000 fans. The goal is to collect six million signatures, which might convince the network to rethink its decision. **AFP**

Puppet love

Jason Collett CONTRIBUTED

Collett to rock kid series Hi Opie!

Canadian musician Jason Collett is set to appear on an Oct. 10 installment of Hi Opie! called Opie Rocks. Collett will play the rocker dad of one of Opie's classmates. When Collett visits the classroom, five year-old Opie — a puppet custom-built by Jim Henson's Creature Shop — will imagine himself as a rock star.

The singer-songwriter is known for his solo career and for performing in various bands including Broken Social Scene.

The episode will air on TVO and City Saskatchewan. **THE CANADIAN PRESS**

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Crickets, hotdogs and really good food

Million Dollar Critic.
Outspoken Giles Coren shines a spotlight on Canadian restaurants

British food columnist Giles Coren visited restaurants in Toronto, Quebec City and St. John's last spring for his new show, Million Dollar Critic. In each city, he picks one restaurant to review in the local paper and online. CONTRIBUTED

Eating a hotdog with Mayor Rob Ford was just one of British restaurant critic Giles Coren's foodie experiences during a visit to Toronto. Another was downing crickets.

While in the city to film Million Dollar Critic last spring, Coren interviewed Ford about the food truck legislation that had passed the day before.

"Rob Ford was charming to me, because he knew I wasn't going to ask him about smoking crack," he says. "It was crazy and mental being at the centre of that press pack. I have sympathy for him because ... we've all done things in a drunken stupor. I haven't smoked a crack pipe, but I've done some silly things, which is why I'd never run for office.

"When I said, 'Let's go get a hotdog across the square,' I didn't think he would say yes, because there was a yammering pack (of media) — he'd just done his crazy drunk stuff on St. Patrick's Day."

Ford didn't eat a hotdog because he was trying to stay in shape at the time, notes the acerbic Coren, a former British political columnist who pens restaurant reviews for the Times and has also worked for such newspapers as the Daily Telegraph, Daily Mail and The Independent.

In Million Dollar Critic, which premieres Tuesday at 10 p.m. on W, Coren visits three cities in Canada (Toronto, Quebec City, St. John's) and three in the U.S. (Philadelphia, Providence, R.I., and Charleston, S.C.), where he explores up-and-coming, authentic and established restaurants, diners and food trucks.

In each locale, he visits five restaurants and bestows one with a written review in the local paper.

In Toronto, he checks out Opus, King Palace, Small Town Food Co., Agave y Aguacate and The Atlantic. In St. John's, the restaurants are Saltwater, Chinched Bistro, Raymond's, The Reluctant Chef and Bacalao, while his Quebec City stint includes Hosaka-Ya, L'affaire Est Ketchup, Soupe & Cie, Panache and La Traite.

He says he liked four of the five restaurants in Toronto, although eating crickets at one was a challenge.

He hopes viewers will become involved in the stories of the restaurants in each city, and what it could mean to them to get a review in the local paper.

"It makes the restaurant," the outspoken critic says. "That's the thing that Trip Advisor cannot do or a food blogger cannot do. Only someone with a huge following can make that kind of difference." The TV coverage is a bonus, he adds.

It was the first trip to Canada for Coren, 45, and he was complimentary about the restaurant scene in Quebec and Toronto. (He was just on his way to St. John's.)

"I had no idea. Blown away by both of them. Quebec is a crazy place. I knew they could speak French there. I didn't know they actually did. To find this kind of European 400-year-old walled city full of cute French chicks and fantastic restaurants. A bit too cold for me, but then you want to be inside eating.

"And Toronto is just diverse and exciting and better than almost any (for) restaurants — as good as New York."

THE CANADIAN PRESS

Quoted

"Quebec is a crazy place. To find this kind of European 400-year-old walled city full of cute French chicks and fantastic restaurants..."

British food critic Giles Coren, on his first visit to Canada for his new show on W

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eone entertainmentone

Restraining order sees Reeves resting easy

Keanu Reeves hopefully won't have to worry about Kerry Colen Raus, the woman who was caught trespassing at his home last month — for a little while, at least. The Matrix star has received a temporary restraining order against her, according to TMZ. The temporary order could be extended after a review hearing on Oct. 22. Raus was arrested in September after she took a dip in Reeves' pool followed by a shower in his house. She is currently in a psychiatric facility.

Keanu Reeves

The Word

The business of being a baby of Blake

NED EHRBAR
Metro in Hollywood

Blake Lively is pregnant, and she announced it by trying to hock some maternity wear on her lifestyle website, Preserve. How delightful. Instead of officially acknowledging Lively's incubation in any direct manner, the site instead includes a photo of the former Gossip Girl star cradling her baby bump along with a lengthy explanation of how the fledgling online outlet has been missing out on a lucrative market segment.

"We have something for men, for women, for the old, but we realized we don't have anything for the new," the Preserve editors write. "With family on our mind, we looked to the origin of it all — to the women in our lives who are right there, at that special moment; the creation of family." Naturally, the two items Lively is wearing in the photo are available for sale on the site.

This will be the first baby and marketing tool for Lively and husband Ryan Reynolds, who met while filming the Green Lantern and tied the knot in 2011. As the site's lengthy post says, "Congratulations to all the expecting mothers out there." We can only assume that includes Lively.

Now, can someone point out which products on the site are "for the old"? Because this I've got to see.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Justin Theroux-ly annoyed by the press pointing to a biological clock

Speaking of family planning, Justin Theroux really doesn't appreciate all the pressure everyone's putting on him and Jennifer Aniston to tie the knot and have a family. While he tells Australia's TV Week that he couldn't be happier "personally and professionally," the constant nagging from the press is getting a bit much. "I am not going to let a tabloid tell me what to do," he says. "I'm not going to watch them tap their watch. What the hell are you telling me to do?" Honestly, Justin, it's pretty obvious what they're telling you to do, and it doesn't sound like such a chore, really. "We're just doing our own thing," he adds. "We're completely happy, obviously, but we're not on anyone else's time frame." Well, if you change your mind, Blake Lively has some really lovely baby clothes and maternity wear to sell you.

Justin Theroux
ALL PHOTOS GETTY IMAGES

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LIFE 3

Drink (or not) to your health

Studies. Here are the latest findings on wine, tea and energy drinks

EVA KIS
Metro in New York City

Go ahead and have a cup of tea. It has antioxidants that may provide survival benefits. ISTOCK

When it comes to our diets, we tend to focus on the foods we eat. But increasingly, scientists are looking at what we drink as having a significant impact on our well-being. We rounded up three recent studies analyzing some of the most common beverages, with mixed results.

Wine

The heart-healthy benefits of wine have been used to justify having another glass at many a dinner party. But there's a catch.

The aptly named In Vino Veritas (In Wine, Truth) study found that wine only protects against cardiovascular disease by lowering cholesterol in people who exercise.

Though evidence for wine's heart-boosting properties has been mounting for two decades, this is the first study that looked at its long-term effects on both types of cholesterol, which can foreshadow atherosclerosis (the buildup of plaque on the walls of arteries).

Professor Milos Taborsky of Palacky University in the Czech Republic found that red and white wines had the same effect: Both wines, when drunk regularly and in moderation, lowered levels of bad cholesterol (LDL), and red wine drinkers had lower cholesterol overall.

But among people who exercised at least twice a week, the addition of wine not only raised their good cholesterol (HDL), it decreased LDL and total cholesterol for both red and white wine drinkers. Cheers!

Tea

Brewed leaves just pulled ahead of brewed beans in the competition over which is better for you between tea or coffee.

A study of 131,000 French people aged 18 to 95 found that having a cuppa cut the risk of non-cardiovascular death by 24 per cent, based on blood pressure and overall health.

The research found that coffee drinkers had worse heart health, especially when it came to smokers (a whopping 57 per cent of people who drank more than four cups per day smoked.) Among tea drinkers, fewer overall smoked, especially those who drank more than four cups daily (29 per cent). Exercise rates were comparable between the groups.

Men tended to drink much more coffee than women, who vastly preferred tea. Interestingly, most of the benefits of tea were found in current or ex-smokers, with little effect on non-smokers.

Study author professor Nicolas Danchin summed it up by saying: "Tea has antioxidants, which may provide survival benefits. Tea drinkers also have healthier lifestyles. So does tea drinking reflect a particular (personal) profile, or is it tea, per se, that improves outcomes? Pending the answer to that question, I think that you could fairly honestly recommend tea drinking rather than coffee drinking, and even rather than not drinking anything at all."

Energy drinks

A new study presented at the European Society of Cardiology congress has definitively linked energy drinks with heart problems.

The typical 8.4-ounce energy drink contains about two espressos' worth of caffeine, which causes calcium to be released in cardiac tissue. This affects the heart's ability to contract and use oxygen, according to professor Milou-Daniel Drici of France's University of Nice.

Because the drinks are popular in clubs and during physical exercise, people tend to drink more than one at a time, increasing their risk of an adverse reaction, such as angina (chest pain due to poor blood flow to the heart) and even death.

Drici concluded that "the general public need to know that so-called 'energy drinks' have absolutely no place during or after physical exercise, as compared with other drinks designed for that purpose."

Does exercising lead to boozing?

A new study showed that people drink more on days during which they were more physically active. ISTOCK

We may be rewarding ourselves with more than dessert on days we exercise, according to a study. On days when people exercise more, typically Thursday through Sunday, researchers found that they also drink more alcohol.

"Monday through Wednesday people batten down the hatches and they cut back on alcohol consumption," lead author David E. Conroy says. "But once that 'social weekend' kicks off on Thursdays, physical activity increases and so does alcohol consumption."

The study's 150 participants, aged 18 to 89, tracked their physical activity and drinking habits via smartphone for three-week periods three times throughout the year.

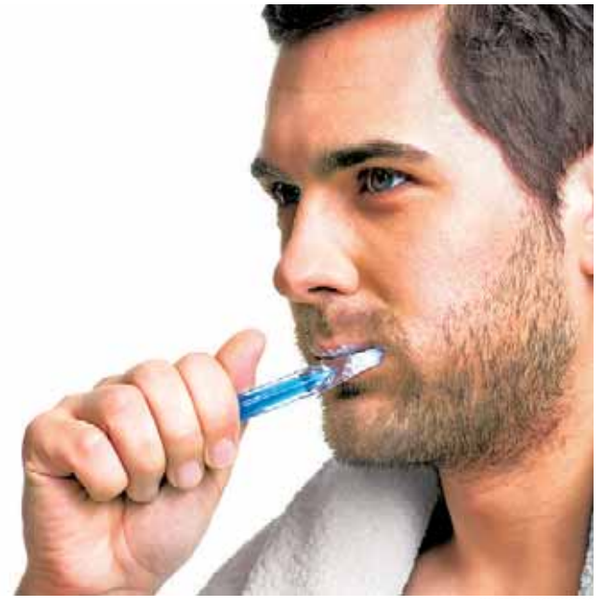
The researchers found that, across all ages and levels of fitness, on days people are more active they tend to drink more than on days with less activity. The study did not ask people their reasons for drinking.

"Perhaps people reward themselves for working out by having more to drink, or maybe being physically active leads them to encountering more social situations where alcohol is consumed," Conroy says.

The professor of preventive medicine at Northwestern University says this method gave a more accurate picture of people's behaviour versus typical self-assessments.

Instead of having to remember the previous 30 days, participants used the smartphone to keep a daily diary, which makes them less likely to forget or to be biased in their personal responses, he says.

EVA KIS, METRO NEWS IN NEW YORK



SHUTTERSTOCK PHOTOS

DROP THE PUCK ON A NEW SEASON

If you are a hockey lover, don't miss a special celebration to kick off the coming NHL season. Come to Yonge-Dundas Square at noon on Wednesday for the 2014 Molson Canadian NHL Face-Off event. Enjoy hockey activities, live music, prizes, giveaways, special guest appearances and more. Then stay into the evening and watch the Toronto Maple Leafs renew their Original Six rivalry with the Montreal Canadiens on the big screen. Crest Sensi will feature new products at its booth.

Take a bite out of winter with the right toothbrush

Follow the proper technique when brushing your teeth

For many Canadians, heading out and enjoying winter activities is a favourite pastime. But for those with sensitive teeth, sharp pain squashes the joy of winter when cold air hits their teeth.

Those of us with sensitive teeth know the feeling — that twinge of pain the moment something cold hits their teeth. It's caused by exposure of the nerve, which is the result of hard brushing, along with sugary and acidic foods, slowly stripping away the protective enamel of the teeth.

"Many people are not mindful of their technique or hurry when they brush, which can lead to abrasion of the teeth, especially at the gum line," says Toronto dentist Dr. Janet Tamo. "Eating or drinking sugar or citrus can also cause decay and sensitivity."

It's not an uncommon problem — about two-thirds of Canadian adults experience the discomfort of sensitive teeth. And many of us go to great lengths to avoid those unwelcome stabs of pain.

"Many people use avoidance as their primary technique," Tamo says.

She lists avoiding hot or cold foods and beverages, sipping drinks through a straw and keeping your mouth shut while outside in the cold as common ways that people try to dodge the pain. Some go so far as to cover their teeth with mouth guards when exposing them to cold.

There are a variety things you can do to ease the pain and get back to your enjoyment of winter. Start by talking to your dentist or hygienist for advice.

"They can instruct you on proper brushing and flossing technique to avoid damaging the teeth and gums," Tamo says. "They can also do a diet analysis to determine if there's too much sugar or acid in your daily diet."

One great way to ease the pain of sensitive teeth is with the right toothbrush and toothpaste. Just in time for this winter season, Crest is launching Crest Sensi, a new line of products specially formulated to help with sensitive teeth. And Crest has partnered with National Hockey League Stanley Cup champion and Sochi Olympic gold medallist Martin St. Louis and his wife, Heather, to introduce the lineup to Canadians.

CREST HELPS DEFEND AGAINST PAIN

You don't have to let the pain of sensitive teeth bench you this winter. Try new Crest Sensi products and defend yourself against the pain of sensitive teeth: Crest Sensi-Relief Whitening plus Scope Toothpaste in Minty Fresh; Crest Sensi-Relief Whitening Toothpaste in Clean Mint; and Oral-B Sensi-Soft Toothbrush.

Crest Sensi-Relief Whitening Toothpaste in Clean Mint whitens teeth by gently removing surface stains while soothing the nerves in your teeth, using potassium nitrate (5%w/w), the No. 1 recommended desensitizing ingredient for at-home sensitivity relief by dental professionals in Canada in 2013.

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Taking a big bite out of joint pain

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Free radicals are unstable molecules that attack healthy cells.

They raise inflammation and speed up the aging process, including deterioration of cartilage. That's bad news for everyone — especially for those with arthritis.

The good news? A diet rich in foods with anti-inflammatory compounds helps reduce joint inflammation and pain.

In the October issue of Best Health magazine, we highlight three of those foods.

Colourful produce is high in antioxidants. ISTOCK

Pomegranate
When researchers at Case Western Reserve University in Cleveland put pomegranate extract on samples of cartilage damaged by osteoarthritis, it lowered levels of an inflammatory chemical linked with overproduction of a certain enzyme.

This enzyme is essential for cartilage replacement, but when too much is produced (as in osteoarthritis), cartilage wears down.

Joints likely absorb the juice when you drink it.

Aim for two to three tablespoons (30 to 45 ml)of undiluted juice daily.

Colourful produce
It's high in antioxidants and fights free radicals.

A Japanese study found that free radicals sabotage the ability of our cartilage to maintain and repair itself.

People with arthritis have more than their fair share of free radicals, so they must make an extra effort to get more antioxidants, especially beta carotene and vitamin C.

Aim for five to six servings of vegetables and three to four servings of fruit daily. Go for a colourful variety.

Fatty fish
Omega-3 fatty acids boost production of "resolvins," a class of anti-inflammatory fats. They inhibit the activity of inflammatory cells, a good thing for people with osteoarthritis or rheumatoid arthritis (the latter can inflame organs as well as the joints).

Aim for two to three servings (each 125 grams) a week of fatty fish such as herring, salmon and mackerel. If you don't like fish, have one to two tablespoons (15-30 ml) of ground flaxseed daily or take a fish- or krill-oil supplement. **FOR MORE HEALTHY LIVING IDEAS, FROM FITNESS TO FASHION TO FOOD, PICK UP THE OCTOBER ISSUE OF BEST HEALTH MAGAZINE, ON NEWSSTANDS NOW. SUBSCRIBE AT BESTHEALTHMAG.CA.**

Scientist finds relief for pain, without pills. Study shows natural extract effective

"Sending medication from the skin directly to the area just makes sense"

Dr. Joseph Gabriele Ph.D

A Canadian scientist may have discover a way that would change how we take medicine in the near future.

Dr. Joseph Gabriele Ph.D, went on a personal quest for answers to relieve his wife Sue's pain, but **his answer was not in a pill...it was in a cream.** Pills were not an option for Sue, due to the side effects that many of us can relate to.

Dr. Joseph Gabriele, Ph. D
Preparing for PEI Conference

In an effort to seek relief for his wife, Dr. Gabriele and his team developed a **powerful penetrating cream** that sends medication quickly to where it hurts.

"I was shocked to see how powerful this natural ingredient relieved pain"

A clinical study confirmed that the cream incredibly **absorbed the medication deep** enough to reach the affected area that finally gave his wife relief.

Dr. Gabriele then discovered in a medical paper, a common natural ingredient found in buckwheat that was not so common, called **"Rutin."**

This natural ingredient **reduced inflammation and pain** so significantly, he had to use it in his formula, now called **LivRelief Pain Relief Cream™**

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Those who are suffering in pain and hate taking pills can now find **LivRelief Pain Relief Cream online, in *Pharmacies and Health Food stores across Canada.***

Dr. Gabriele is so convinced that this will relieve your pain, he offers a *100% money back Guarantee if you don't experience relief.

Cut, save and apply it to where it hurts.

* See www.livrelief.com for details.

Low-carb versus low-fat

Diets. Which one actually works? Both

Both low-fat and low-carb diets work if you commit to them. CONTRIBUTED

It's a question that bedevils dieters on a regular basis: Is a low-fat or a low-carb diet the true path to weight reduction?

A new study suggests either will do — so long as you work at whichever one you choose.

The study is what is called a meta-analysis; it groups and re-analyzes data from 48 different randomized trials of diets.

The work was done by researchers at Toronto's Hospital for Sick Children, McMaster University and a number of other institutions in Canada and the United States.

The authors say that of the so-called branded diets, those that espouse a low-fat or a reduced-carbohydrates approach work better than the others.

But when those two approaches are compared, the results are more or less equal.

"Our research has shown that ... low-carbohydrate and low-fat diets result in the most weight loss, about 18 pounds (8.2 kilograms) in six months and 16 pounds (7.3 kg) in 12 months, and there's very small differences between the two," says first author Bradley Johnston, a senior scientist at the Hospital for Sick Children's Research Institute.

The publication of the work — in the Journal of the American Medical Association — is timely. A study recently published in the Annals of Internal Medicine reported people who eschew carbs and eat more fats lose more weight than people who follow a low-fat diet.

Johnston acknowledges it is hard to interpret dietary science. So he and his colleagues set out to see what the compilation of studies reveals.

He says findings make it clear these diets can lead to weight loss, if people do the work. That said, the results were modest. The median weight loss for people following a low-carb diet was nearly nine kilograms at six months; the median loss for low-fat diet followers was eight kilograms. At 12 months, both groups slipped a bit to just more than seven kilograms for both diets.

"For those who believe that they don't work, short-term, this evidence suggests that they do. And we need a lot more research in terms of the long-term effectiveness of these types of interventions and we need to look closely at adherence," says Johnston. "If they're relatively equal, then you should choose something that you feel that you can adhere to." THE CANADIAN PRESS

Stress. It can hurt your unborn baby

Mothers know to try staying calm during pregnancy, as stress has been linked to behavioural and developmental problems for their babies. But now, a new study found that it also increases the risk for allergy-related asthma.

Stress hormones called glucocorticoids work to reduce inflammation; synthetic versions are used to treat allergic reactions. But when these same hormones are present in the body of a person who's under chronic stress, they can trigger allergic responses instead of fighting them. Pregnant women have naturally higher levels of these hormones.

In the study, published in the American Journal of Physiology, doctors exposed groups of pregnant mice to either a single bout of stress, a synthetic hormone to mimic a stress response, or an inhibitor to block the release of stress hormones. The offspring of all the mice were exposed to allergens after birth.

EVA KIS, METRO IN NEW YORK

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Let's talk sex — but not the porn kind

New book. Author Caitlin Moran has written a novel that aims to reclaim the joys of the feminine experience

EVA KIS
Metro in New York City

Caitlin Moran's protagonist in her new novel How to Build a Girl is, as the title implies, a work in progress. But she doesn't need anyone's help — especially not when it comes to sex.

Johanna Morrigan's gluttonous embrace of the world extends to her libido, uncommon in books about 14-year-old girls and not because that impulse isn't there.

And it certainly didn't wait to be awoken by a man, a criticism Moran has levelled at many of the current entries in the YA genre.

How to Build a Girl reclaims the joys of the feminine experience.

At the book's U.S. launch in Brooklyn, Moran discussed what's wrong with sex for women (of any age) and modern female protagonists.

Another kind of teenage girl

"This book is about many things, but the main thing is that it's a filthy book — it opens with a wank. Basically, I wanted to write about a horny teenage girl I don't see often in popular culture, (to) reclaim the word 'slut.'"

What's missing by omitting women's perspective

"In this book (the first in a trilogy), Johanna doesn't feel confident enough to let a man give her pleasure. She's never seen a man making a woman come. So she doesn't even know where that would happen in the sex; she's worried that if he tries to make her come with his hand that it might take too long, that she'd be known as a hand-wearier."

The sex you have should be your own

"Girls feel that if you've said Yes at some point to sex, then you have to see it through, it's almost like you've done some kind of contract and you'll be seen as a disappointer if you back away. The two most powerful words you'll learn as a girl are Yes — and No."

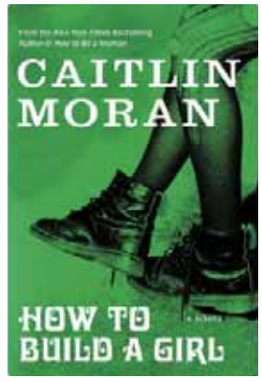
What really happened in Fifty Shades of Grey

"I know a lot of people who are in the BDSM community, there are reasons why you're into that sex, and why it pleases you, why it satisfies you, why that's what you need. But she clearly doesn't have the psychological makeup or background ... Basically, she's smacked repeatedly with a hairbrush in exchange for an iPad and a ride in his helicopter."

Author Caitlin Moran's book How To Build A Girl is aimed at young adults. It explores sexuality from the view of a 14-year-old girl. CONTRIBUTED

How porn warps women's view of sex

"This is something I realize that I had done, and as soon as I'd realized it, I was horrified, but if you're a woman, very often, you're not kinda going, 'I'm having sex,' you're thinking what he's thinking. You're going, 'Wow, I must look really good doing this, he must be really enjoying that.' And that's because female sexuality has been mediated through the male gaze. Because of pornography, women are lying there being a porn director in their head, never thinking about what they want to do next.



"That's why (Johanna) starts off with a wank — the first thing she does, you realize that she is in touch with her own sexuality, that she knows how to please herself."

When things go wrong, maintain perspective

"Almost without exception, all the sex that (Johanna) has is awful. Because if you are sleeping around as a teenage girl, almost all the sex you will have will be awful. ... To write a fairly funny, accessible book about the realities of having sex as a teenage girl, you have to realize early on that life divides into two kinds of experience: The first one is awesome experiences, and the second one is terrible experiences that will later make amazing anecdotes."

Our sense of humour changes as we age

Study. Adults over 64 less likely to find the funny in jokes made at the expense of others

Making jokes at the expense of others becomes less funny as we age, according to a new study that used sitcoms to gauge humour at the University of Akron in Ohio.

Dr. Jennifer Tehan Stanley, an assistant professor of psychology, set out to observe reactions to what she calls "aggressive humour" that defines the style of TV sitcoms such as The Office. In the experimentation phase of the study, she used clips from situation comedies such as Golden Girls, Mr. Bean, Curb Your Enthusiasm and of course The Office.

Working with a participant group of 30 young adults between ages 17 and 21, 22 middle-aged adults between 35 and 56, and 29 older adults between 64 and 84, Dr. Stanley showed them 14 clips from various situation comedies.

"While they watched the clips, we video-recorded their facial expressions to later code for smiles and laughter, and measured facial electromyography with electrodes on their face to capture activation of the smile muscle," Dr. Stanley told Relaxnews.

After each clip, participants were asked to rate how appropriate they thought the protagonist's behaviour was and how funny they found the clip on a scale of 0 to 100, she told Relaxnews, and they were screened on their understanding of the jokes.

Young and middle-aged participants found the aggressive humour funny, while their older counterparts did not, according to Dr. Stanley.

Instead, they preferred "affiliative humour" in which several characters share and navigate an awkward situation.

The study was published in the journal Psychology and Aging.

AFP

Older study participants prefer affiliative humour, in which several characters share and navigate an awkward situation. AFP

Want to get married? Don't double click

A survey shows couples who meet online may be less likely to get married. AFP

Survey. Long-term success of online dating raises some interesting questions

Despite the surging popularity of online dating, it may not be the best bet for those looking to marry, according to researchers at Michigan State University, East Lansing, who set out to explore how couples' meeting venues could play a role in the duration of the relationship.

They examined married couples and couples that didn't last, working with 4,002 responses to a survey, the results of which suggest that online dating is less likely to lead to marriage.

Of the survey respondents, 2,923 were either married (64.18 per cent) or in a romantic relationship (35.8 per cent) and only 280 couples in this pool had met online.

Eight per cent of married couples that had met online reported ending their marriages in separation or divorce whereas only two per cent of those who'd met in traditional offline circumstances reported divorce or separation.

The researchers concluded, however, that relationship quality was the most important factor in whether marriages and romantic relationships lasted.

"The time-tested qualities of trust and intimacy still remain important factors on determining whether a couple stays together, regardless of whether they meet offline or online," says Brenda K. Wiederhold, Editor in Chief of the journal Cyberpyschology, Behavior and Social Networking, in which the paper was published.

For those looking to date and engage in whirlwind romance, online dating might be the best bet as researchers found that 96.3 per cent of dating website users were successful at forming relationships using them. AFP

Vaccines. Common myths and a dose of reality

Dr. Paul Offit of the Children's Hospital of Philadelphia, who helped invent the vaccine against rotavirus, grew up in the '50s and '60s before the development of vaccines and suffered through "all the childhood diseases."

"But my children, who are 22 and 19, not only don't see these diseases, they didn't grow up with these diseases," he says.

Offit dispels some myths.

Vaccines and autism are linked

Offit calls this a "cautionary tale" of what can happen when people are desperate for answers. It began with a British researcher who published a biased, flawed study in 1998. Since then, tens of millions of dollars have been spent on research to disprove it. New autism studies point to brain abnormalities detectable in the womb — meaning the disorder is genetic.

Mercury in preservatives poses a hazard

Thymerosal is no longer used in the typical vaccines given to kids, Offit says, with the exception of some multidose flu vaccines. The mercury in thymerosal is not the same as environmental mercury. "The most dangerous aspect of getting vaccines is driving to the office to get them."

Healthy people won't benefit

Viruses don't care how many fruits and vegetables you eat. Your body won't know how to defend itself unless it has come into contact with the specific virus before. The only way to build immunity is to get vaccinated or become infected.

A few people opting out won't matter

For highly infectious diseases such as measles, 95 per cent of a community must be vaccinated. If the rate drops below that threshold, the "herd immunity" that protects those with the weakest immune systems is lost. Though measles was considered eradicated in the U.S., all it takes is an unvaccinated person being infected in a foreign country to bring it back.

HPV vaccine makes teens promiscuous

"This doesn't make sense on its surface," Offit says, likening it to "the notion that if you get a tetanus vaccine, you now feel you can run across a bed of rusty nails." A study of more than 1,200 girls found it doesn't increase risky sexual behaviour. But it does offer protection from common types of HPV.

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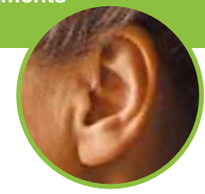

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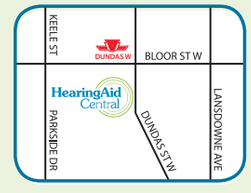

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Lessons from the desert

Truly take the lead by sharing it with your team

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

For teams to succeed over the long term, every member must step into the position of leader, irrespective of their role on the team. Racing desert team events, each member of our team of three was required to run 250 kilometres while remaining within 10 metres of one another. While assigned a role, when circumstances dictated a change, we all had to switch and appoint a new leader. It led us to a win in the Atacama and a close second place in the Sahara race.

We sometimes forget that in order to lead, one must have willing followers. Leading by entitlement is rarely effective nowadays. Leadership is earned, and over the course of a long race, one type of leadership can wear on a team. Each leader has an expiry date, and as teams encounter challenges, that date is typically accelerated. If leading from the front, a leader stops being heard or needs to be shielded from the pressure of leading for brief moments to revitalize before leading again. If leading from the back, the front line will need to experience the leader stepping up to the front line to get firsthand knowledge of what goes on and do some of the more tedious work. Teams who can naturally share leadership tend to do better. Either a teammate intuitively senses when to step in and replace the leader, or the leader naturally and willingly follows at times.

Influence with integrity

"We sometimes forget that in order to lead, one must have willing followers. Leading by entitlement is rarely effective nowadays."

Every member of your group is able to lend a unique strength to the act of guidance. ISTOCK

At work or in a team race, most of us have a default preference that determines our comfortable place in the team ecosystem. In the desert, it became obvious that no one should be at the front to pull the team for the whole race, even though they could. We were better together by performing our duties to the best of our abilities and were united by frequently switching from being willing followers to willing leaders even if out of our comfort zone.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

Studying up on slumber. Fancy a bean bag break between the books?

College is a time filled with new experiences (and lots of schoolwork), leaving little time for students to get a good night's rest. University of Alabama researchers found that a stunning 60 per cent of college students aren't getting enough sleep.

Some schools are acknowledging their sleepy students in a novel way: by creating nap rooms on campus.

As part of a pilot program, the University of Michigan made room for a so-called "napping station" inside its undergraduate library earlier this year. And Virginia's James Madison University created a Nap Nook for students last year. Students visiting the Nap Nook can reserve a bean bag to nap on for up to 45 minutes at a time.

"We had 2,500-plus naps recorded at the centre in its first year," said Caroline Cook, research director at JMU's Sleep and Actigraphy Lab, in an interview with NBC News.

There's also an advantage to nap rooms for all of the non-nappers out there: They no longer have to tiptoe past students sleeping on desks at the library.

METRO NEWS IN NEW YORK CITY

Ivy league lethargy

- Even students at Harvard University have tried to get in on the action. Nearly 200 Harvard students signed a petition last year advocating for a designated nap area.

Snore score

"We had 2,500-plus naps recorded at the centre in its first year."

Caroline Cook
Research director at JMU's sleep and actigraphy lab

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This year, stuff more than just the turkey

This Gluten-Free Stuffing Stuffed Baked Apples recipe serves 4. THERESA ALBERT

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Vegan guests and those with celiac disease will dig in

THERESA ALBERT
myfriendinfood.com

FLASH FOOD

From your fridge to your table in 30 minutes or less

Thanksgiving is what my family calls "forced family fun." Mix in your vegan relative and your gluten-free neighbour and you have a recipe for culinary disaster. Here is a dish that will please everyone with its beauty, nutrition and deliciousness. It's a simple way to turn ho-hum stuffing into a focal point. Better yet, it can be eaten by any guest with almost any dietary restriction. Whew!

Ingredients

- 2 stalks celery
- 1 carrot
- 1 onion
- 1 clove garlic
- 1 tsp extra virgin olive oil
- 1 tsp dried thyme
- 2 tsp poultry seasoning
- 1 tsp white pepper
- 1/2 tsp dry mustard powder
- Pinch salt
- 3 cups gluten-free Whole O's cereal (Nature's Path)
- 2 cups gluten-free vegetable broth
- 4 apples

1. Preheat oven to 400 F.

2. Finely chop celery, carrot, onion and garlic and cook in skillet with oil for 5-8 minutes until soft. Stir spices and toast Whole O's, 2 minutes. Add broth; simmer until absorbed.

3. Stuff into apples and bake for 10-15 minutes. Serve warm as a side dish.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Health Solutions

Digging in the cereal box

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You know you've done it: had a bowl of cereal for dinner — especially after a big meal like Thanksgiving.

You can take a shortcut once in a while as long as you pay attention to what comes out of that box.

Many cereals are made with ingredients that have been depleted of nutrients: flour and sugar, and flavourings. There is then a fortification of liquid multivitamin tumbled on at the end of the process. Not only does that defeat the purpose, there has been recent news that some of the nutrients can contribute to dangerous levels of some fat-soluble vitamins.

"Most people don't keep track of all of the ways they are consuming fortified foods, or their cumulative effects," says Darren Mahaffy, vice-president of marketing of Nature's Path Foods, which uses organic whole grains and real foods that are naturally nutrient-dense.

Once you are sure you are consuming real food, there are many ways to use cereal:

- Toss in with popcorn for a sweet and salty snack
- Place into baggies for dry, pre-exercise snacks
- Use as a base for stuffings and crispy toppings
- Make into bars and crumbles for desserts

Here is what I like to see on a cereal box:

- Whole grains only, preferably organic
- Wheat-free
- Short list of ingredients
- Nuts, seeds, flax, ancient grains
- 100 to 150 calories per cup
- 3 to 10 grams of fibre (not from inulin)
- 2 to 10 grams of protein
- Any cereal containing soy or corn must be organic to avoid genetic modification
- Sugar and sodium should be as low as possible
- No added colours (some have negative impact on growing brains!), artificial flavours or fortification of vitamins.

Presenting Chili Burn™ by New Nordic - the no.1 chili diet tablet in Scandinavia!

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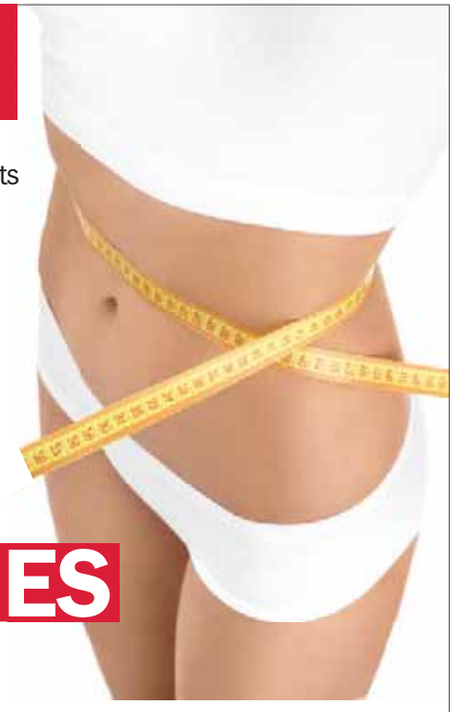
Chili Burn contains these proven ingredients in one tablet to make it easier for you to succeed.



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CHILI
Studies show that chili can raise your metabolic rate significantly for several hours after a meal. If you don't like spicy food, but want the same effect, try Chili Burn, which contains the active chili capsicum ingredient.

GREEN TEA
Green tea helps trigger weight loss by stimulating the body to burn more calories. A study in the Medical Journal of Obesity[1] following 240 men and women showed that their body mass index was significantly reduced in three months simply by taking green tea extract.

Chili Burn™ has quickly become Scandinavia's fat burner of choice. It contains proven spices and plant extracts, as well as chromium, to help you burn more calories and store less fat. Try Chili Burn today!

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1- Green tea extract reduces body fat in humans. Nagao, Hase and Tokimitsu, Obesity, 2007,

Nylander's NHL debut put on hold

NHL. Maple Leafs cut first-round draft pick, send him back to Sweden with focus on improving strength

The promising picture of William Nylander as an NHL player remains incomplete — for now.

Nylander was among the four cuts at Leafs camp Monday, a disappointing result for the 18-year-old, but one he can almost certainly reverse.

"When I talked to him, I said his focus should be on getting stronger," Leafs coach Randy Carlyle said about his meeting with Nylander.

"Do an inventory of what you accomplished here (in training camp) ... you showed you can play at an NHL pace in exhibition season, but you need to get stronger, don't go back and expect things will be easy. He kept up with the pace here, but he had opportunities — three or four breakaways, and didn't score. We want him to get stronger and come back and play on this team."

Nylander said he will return to the Swedish Elite League and play for his former club in Modo.

But his return path to the Leafs remains challenging: The Leafs see him playing key minutes under highly regarded coach Anders Forsberg. Nylander is also expected to represent his country in the World Junior Championships, which are in Toronto and Montreal this Christmas — and Sweden's initial games are all in Toronto. A return to the Leafs at that time could be in the offing, depending on his performance and the status of the Leafs roster at that time.

Nylander is likely to be joined by defenceman Viktor Loov; the Leafs hoped through camp that Modo would waive his contract, but Nonis said Monday the expectation is that Loov would return to Sweden.

Senators goalie Robin Lehner makes a save on William Nylander during a shootout on Sept. 24 at the Air Canada Centre. The Maple Leafs cut the 18-year-old on Monday. LUCAS OLENIUK/TORSTAR NEWS SERVICE

Duos and trios

Forward lines and defensive pairings at Leafs practice:

- Phil Kessel, Tyler Bozak, James Van Riemsdyk.
- Joffrey Lupul, Nazem Kadri, Brandon Kozun.
- Daniel Winnik, Peter Holland, Matt Frattin.
- Leo Komarov, Mike Santorelli, David Clarkson.
- Stuart Percy, Roman Polak.
- Dion Phaneuf, Stephane Robidas.
- Jake Gardiner, Morgan Rielly.

Nylander entered camp with more muscle and tone than was initially anticipated, but he agreed that strength, grit, and more polish on his scoring touch, are the areas he needs to work on.

"I feel myself and they feel the same way, I need to get stronger," said Nylander, who had a goal and an assist in six exhibition games. "My goal is to go back to Sweden and work hard, and be back with this team next year."

The Leafs are now carrying 25 players and must be down to the cap compliant, 23-man limit by Tuesday at 5 p.m.

TORSTAR NEWS SERVICE

Training camp competition

Orr, Holzer, McLaren placed on waivers

Competition was the buzzword early in training camp as the Toronto Maple Leafs' brass promoted that players who earned jobs would get them, regardless of contract status.

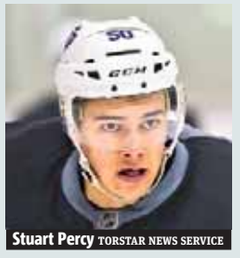
After three weeks and eight exhibition games, the result of that competition was a roster that, for the time being, includes forwards Brandon Kozun and Carter Ashton and defenceman Stuart Percy — and not enforcers Colton Orr and Frazer McLaren.

Orr, McLaren and defenceman Korbinian Holzer were placed on waivers Monday as the Leafs prepared to open the season Wednesday night against the Montreal Canadiens.

"It doesn't mean that Frazer or Colton won't be with us at some time during the year," general manager Dave Nonis said.

"I think that you guys would all agree that there has been a couple of players that have come to camp and made it difficult for us not to keep them here."

THE CANADIAN PRESS



Stuart Percy TORSTAR NEWS SERVICE

Bumgarner throws away Giants' sweep of Nats

The Nationals' Wilson Ramos scores past the tag of Giants catcher Buster Posey during Game 3 of their NL Division Series in San Francisco on Monday. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Doug Fister pitched seven shutout innings and the Washington Nationals took advantage of Madison Bumgarner's one off-target throw, staving off elimination in the NL Division Series with a 4-1 win against the San Francisco Giants on Monday.

Fister dazzled again in San Francisco, helping the Nationals cut their deficit to 2-1 in the best-of-five series and ending the Giants' 10-game post-season winning streak that started with Game 5 of the 2012 NL Championship Series against St. Louis.

Washington scored two runs on Bumgarner's throwing error in the seventh inning to end the ace's 21-inning scoreless streak. Bryce Harper punctuated the victory with a solo homer in the ninth.

"Really it came down to every pitch," Fister said. "Fortunately a ball bounced our way."

Game 3

Nationals	Giants
4	1

Drew Storen allowed a run in closing it out as Washington forced a Game 4 on Tuesday night.

Now, the 96-win Nationals will send left-hander Gio Gonzalez up against San Francisco right-hander Ryan Vogelsong.

Bumgarner fielded Wilson Ramos' two-strike sacrifice bunt between the mound and the first-base line and fired to third rather than going for the sure out at first. The throw sailed wide of Pablo Sandoval's outstretched glove and bounced all the way to the tarp along the left-field wall before rolling over the bullpen mounds. THE ASSOCIATED PRESS

Los Angeles Sparks guard Lindsey Harding has been shadowing the Raptors' coaching staff this training camp. CHRISTIAN PETERSEN/GETTY IMAGES

Raptors, Harding eye the future of coaching

NBA. Toronto club giving WNBA star with coaching ambitions a look behind the bench

The guest in the Toronto Raptors coaches' meeting on the weekend was a typical young wannabe, inquisitive and respectful, anxious to learn the nuances of the business from Dwane Casey and his staff with an eye to one day being on an NBA bench, a dream of one day running a team.

It is a sign of the NBA times that the guest was a 30-year-old woman and no one in the room was fazed in the least.

Lindsey Harding, a former first overall WNBA draft pick, is one of a growing list of young women who see the NBA as a viable opportunity to ply their craft.

Women's Bench Press

"I mean it's not necessarily that she's a woman; in their opinion she was the best for that job, and that's what I want to be and that's why I want to continue to learn and grow regardless of my gender."

Lindsey Harding on Becky Hammon who was recently hired as an assistant coach with the Spurs

"I've always liked coaching. When I was like 13 and started playing basketball — I grew up in Houston — I remember telling my dad I wanted to coach for the Rockets and he said, 'OK, do it,' because I had a father who told me I could do anything," said Harding, who spent two days observing Raptors camp in B.C.

The NBA has long been seen as a progressive league, with female officials and high-ranking front-office employees. Coaching is just the next step and Gregg Popovich and the San Antonio Spurs made it a reality by naming Becky Hammon the first full-time, sit-on-the-bench assistant in NBA history this summer.

"More than anything, it's perhaps an idea whose time has come," said Rick Carlisle, head coach of the Dallas Mavericks and president of the NBA Coaches Association. "I respect Lindsey a lot because she's taken a proactive approach to beginning her coaching career."

Harding and Casey became acquainted when Harding, at the urging of Carlisle, attended an NBA coaches meeting in Chicago last summer. The Raptors head coach had no problem inviting her to camp to watch and learn.

"If someone can bring something to the table, I'm all ears," Casey said.

"I think that's a thing of the future, I think our league is becoming a blind-to-gender league (but) you have to have the right personality, the right approach, right knowledge to get the respect of the players."

That was the common theme through every conversation on the matter. Players, coaches and officials don't care about gender, they care about knowledge.

"I think if you know the game, you know the game," said Raptors star Kyle Lowry.

TORSTAR NEWS SERVICE

After DUI arrest

Phelps fined, suspended

USA Swimming on Monday suspended Michael Phelps for six months, forced him to withdraw from next year's world championships and took away his funding from the sport's national governing body as a result of the Olympic champion's second DUI arrest.

The suspension won't keep Phelps from training, but he can't participate in USA Swimming-sanctioned meets through April 6, 2015.

THE ASSOCIATED PRESS

NHL

Johansen, Blue Jackets ink deal

Ryan Johansen has missed most of camp yet is still a Columbus Blue Jacket.

The 22-year-old centre and the team's leading scorer finally reached agreement with the club on a three-year deal that will pay him $3 million US each of the first two years and $6 million in the third year. The cap hit will be $4 million per season, according to his agent.

THE ASSOCIATED PRESS

TFC. Bradley not called for U.S. team

It appears U.S. national team coach Juergen Klinsmann is giving Toronto FC a break.

Klinsmann did not include star Toronto midfielder Michael Bradley in his 21-man roster for an international friendly Friday against Ecuador in East Hartford, Conn.

That frees up Bradley to play in key MLS games Wednesday against the visiting Houston Dynamo and Saturday on the road against the New York Red Bulls.

With four games remaining in the regular season, sixth-place Toronto (11-12-7) is on the playoff bubble in the Eastern Conference.

In announcing his roster for the Ecuador game, Klinsmann said changes are expected for the subsequent Oct. 14 friendly with Honduras in Boca Raton, Fla. Bradley is expected to be called up for that game, which does not bump heads with the TFC schedule.

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metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Leave your responsibilities and worries behind and do something that inspires you. That applies to your personal life, too.

♉ Taurus
April 21 - May 21
What happens in your work environment will give you the chance to show how well suited you are to take on a leadership position. While others lose their heads you will be the picture of calm.

♊ Gemini
May 22 - June 21
Don't let anyone tell you that you are not entitled to enjoy the good things in life. Too often you have held back while those less talented but with bigger egos have pushed ahead. Time to reverse that.

♋ Cancer
June 22 - July 23
Have faith in your instincts. What happens over the next few days will prove you right so stick to your guns — you'll get the last laugh.

♌ Leo
July 24 - Aug. 23
According to the planets you are trying too hard. What you need to do is to sit back for a while and let life come to you.

♍ Virgo
Aug. 24 - Sept. 23
Work hard today but don't go to extremes. You will be more productive if you pace yourself and don't try to do everything at once. Be kind to yourself.

♎ Libra
Sept. 24 - Oct. 23
Keep affairs of the heart on a fun level. The more you try to force a relationship in a certain direction the more the one you love will feel pressured.

♏ Scorpio
Oct. 24 - Nov. 22
There is no need for regrets or remorse. Set your sights on the future and make it the best it can possibly be. It's tomorrow that matters.

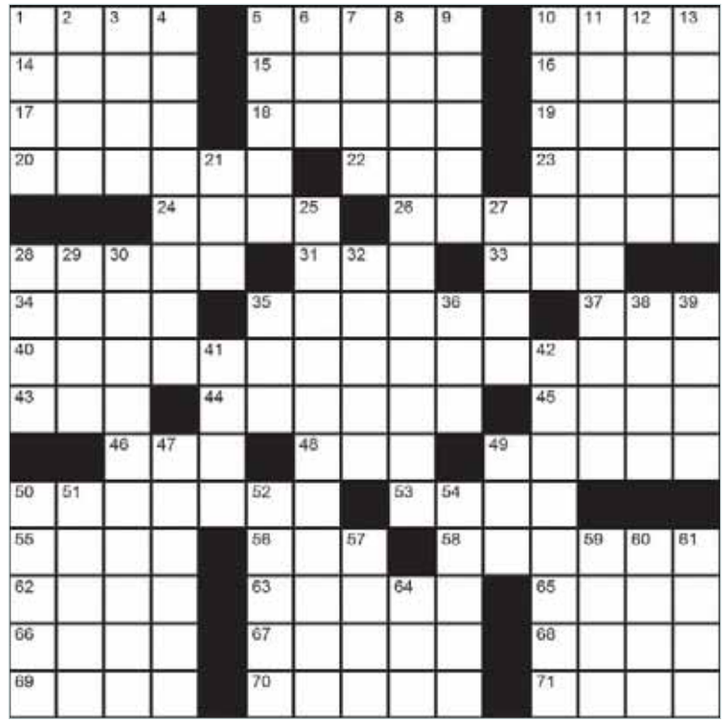
♐ Sagittarius
Nov. 23 - Dec. 21
Your circumstances will change for the better over the next few weeks but over the next few days there will be times when it seems as if things are moving backwards. Be patient.

♑ Capricorn
Dec. 22 - Jan. 20
If you acknowledge your weaknesses now you will be operating from a position of strength later in the week.

♒ Aquarius
Jan. 21 - Feb. 19
You know that something good is going to happen but you also know you may have to go through a rough patch first. Take what happens today and tomorrow in your stride.

♓ Pisces
Feb. 20 - March 20
It may at times seem as if the world is coming apart at the seams but from a higher perspective things have never been better. Trust more and smile more.

Crossword: Canada Across and Down by Kelly Ann Buchanan



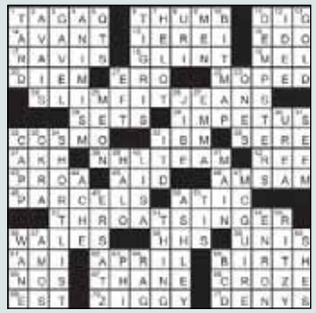
Across

1. Canadian artist, Wanda __
5. This thingy in music: #
10. Power, puny-ly
14. She, in Seville
15. Of the ear
16. Ms. Ward
17. Canadian Museum of Immigration at __ 21, in Halifax
18. Priestess in Georges Bizet opera The Pearl Fishers
19. Lettered frozen dessert chain
20. Belonging to an incisor or molar, say
22. Fitting
23. 'Buck' add-on
24. Hawaiian feast
26. Nickname for Toronto
28. Finish by...: 2 wds.
31. Business excess
33. Workout unit, commonly
34. Pull in $$$
35. 1987 U2 album: 'The __ Tree'
37. Thrill __ _ lifetime
40. War of 1812 artifacts: 3 wds.
43. Compass point
44. Witch in the musical Wicked
45. Ancient's 8
46. Slamming sound!
48. Slimy stuff
49. Celebrations
50. Extend
53. Benefit
55. Li'l math course
56. Plane's take-off info
58. Foreigner hit
62. __-de-camp
63. __ River, BC
65. Some punk music fans
66. Musical Lady
67. __ circle (Those in the know)
68. Peril
69. Utopia
70. Valley in Ontario depicted by The Group of Seven
71. Fr. women-with-halos

Down

1. Held
2. Medley meal
3. Margarine
4. __ Brothers: "Soul City" Canadian group
5. Dance style
6. Shade
7. Classical song
8. Calgary Stampeders mascot: 3 wds.
9. Ancient philosopher
10. Ritzy expanse
11. City of the dead
12. __ room (Enough space to move)
13. Silk-like fabric
21. Gilligan's dwelling
25. Type of occurrence in '77's "Close Encounters of the Third Kind": 2 wds.
27. Take greedily
28. "Mistakes of My Youth" band
29. Rob Roy's refusals
30. Moat crossing
32. __ __ questions (Be inquisitive-not)
35. Summer mo.
36. Stage actress Ms. Hagen
38. Move, Hummingbird-style
39. Rummage sale tag notation: 2 wds.
41. Company bosses, collectively [abbr.]
42. Ralph Fiennes/Uma Thurman spy movie, "The __" (1998)
47. Greece-__ Sea-Turkey
49. Tree type
50. Theatre's surface
51. Set of three
52. As You Like It role
54. Tony-winning actress/singer Ms. McDonald
57. Mr. Carvey
59. Send forth
60. Breather
61. Posh put-downs
64. Back the tape up, briefly

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6	2				4	9	
			9		1			
9	1			3			7	8
		6	2		5	1		
5								7
		3	8		6	9		
7	5			2			4	6
			6		4			
	8	4				3	2	

Yesterday's Sudoku

8	1	9	2	5	4	6	7	3
2	5	3	6	7	9	8	1	4
6	4	7	1	3	8	9	2	5
7	9	1	5	8	2	4	3	6
3	2	8	9	4	6	1	5	7
5	6	4	7	1	3	2	9	8
9	7	5	4	6	1	3	8	2
1	3	6	8	2	7	5	4	9
4	8	2	3	9	5	7	6	1

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